

AcuMedico











A comprehensive acupuncture points database

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



- This database is the result of hard work and accumulated clinical experience over more than 20 years of practice. It is presented here for the benefit of all practitioners and those who wish to broaden and enhance their knowledge of the acupuncture points and their traditional qualities.
- This specific web-database is © to Shmuel Halevi Ph.D. **Please do not copy or distribute the contents of this database.**
- Every meridian point name is [web-linked](#) to a sketch of the anatomical region where it is located. It is also linked (*hit the* [☺ The meridian line](#)) to its parent meridian sketch on my webpage, for quick and easy reference.
- If you wish to locate an acu-point, you may either jump to its meridian group and then scroll down to it, or hit: **CTRL "F"** and type the point name or number. I.E.: **L-7** or **lieque** etc. The same applies to a specific symptom or disease. I.E.: **CTRL "F"** then type: **bronchitis**, etc. Even if you search two words together, such as: **frontal headache** you will get as many as 6 points that treat this problem, along with some point-combinations.
- You may discuss, query and comment on the contents of this database on our linked forum at: <http://acumedico.com/discus>
- In order to ease your navigation between the points, here is a linkage map to each group of points:




[Lung](#) [Large-intestine](#) [Stomach](#) [Spleen](#) [Heart](#) [Small intestine](#) [Bladder](#) [Kidney](#) [Pericardium](#)
[Sanjiao](#) [Gall bladder](#) [Liver](#) [Renmai](#) [Dumai](#) [Extra meridian points](#)
[All meridian charts + regional points](#)

NAME	DEFINITION	ENERGETICS	SYMPTOMS	COMBINATIONS	PECULIARITIES
L-1 Zhongfu Middle Palace ☺ The meridian	Mu point, Point of entry, meeting point of Lung with Spleen.	Regulates and tonifies Lung Qi and the upper jiao, Clears heat and diffuses lung Qi	Chest fullness, shih syndromes of lung, pneumonia, lung abscess, asthma, bronchitis, wheezing, dyspnea, edema, throat obstruction, chest fullness and pain, neck, back and shoulder pain, excessive perspiration, dry cough, stuttering, urine has bad smell.	L-1/ B-13 - Shu Mu combination, B-13/ L-1/ L-6 = chronic bronchitis, L-1/ Dingchuan/ P-6/ Ren-17 = bronchial asthma	Stuttering, urine has bad smell.
L-2 Yunmen Cloud Gate ☺ The meridian		Clears Lung heat and disseminates and descends Lung qi.	Cough, wheezing, asthma, dyspnoea with inability to lie down, shortness of breath, shoulder joint inflammation.	Chest pain: LU-2/ LU-1/ SP-1/ LIV-14/ BL-13/ BL-47/ P-7 Throat bi: LU-2/ LU-1/ L.I.-15/ KID-7/ GB-10/	
L-3 Tianfu	Window of the sky point	Regulates Lung Qi, calms the spirit,	Asthma, bronchitis, dyspnea, goiter, throat obstruction,	Rebellious qi with dyspnoea and inability to catch	








Palace of Heaven  The meridian		regulates descent of Qi from the head.	chest fullness and pain, confusion, forgetfulness, cerebral congestion, dizziness, shortsightedness, brachial neuralgia, epistaxis, vertigo, depression, thirst, intermittent fever.	the breath: LU-3/ KID-27 /KID-25 . Dyspnoea with rebellious qi, breathing with raised shoulders, inability to taste food: LU-3/ ST-13/ LU-2/ HE-7 Goitre, tumour of the neck and swollen throat: LU-3/ SJ-13.	
L-5 Chize Cubit Marsh  The meridian	Water point, He sea point, Sedation point.	Cools Lung heat, Descends Lung Qi, Phlegm heat, Phlegm damp.	Cough, asthma, bronchitis, chest fullness, hemoptysis, throat blockage, throat swelling, throat pain, dry mouth, thirst, fever, diabetes, Wei syndrome due to lung heat consumption, erysipelas, psoriasis, dry cough, renal pain, rigidity of vertebral column, sneezing, madness.	L-5/ B-40 for erysipelas, L-5/ K-2/ K-3/ Ren-4/ Ren-6/ Ren-23 = diabetes, L-5/ Si-1 = irritability.	
L-6 Kongzui Maximum Opening  The meridian	Xi cleft point	Regulates and descends Lung Qi, cools heat , stops bleeding,stops pain.	Asthma, cough, bleeding, acute lung diseases, headaches, migraine, laryngitis, tonsillitis, skin diseases, hemoptysis, hemorrhoids, pulmonary TB.	L-6/ Du-14/ B-13 = pneumonia, L-6/ Li-11/ B-13 = coughing blood.	
L-7 Lieque Broken Sequence  The meridian	Luo point, Master point of Ren Mai, main point for head and neck.	Regulates Lung Qi, descends Lung Qi,dispels wind, wind cold, wind phlegm, regulates Ren Mai,dissolves phlegm,tonifies lung yin.	Dispels wind cold, stiff neck, facial paralysis, trigeminal neuralgia, urticaria, wind rash, hemorrhoids, dry and scaly skin, limbs edema, nasal problems, asthma, cough, sore throat, frontal and lateral headache, rhinitis, influenza, burning urination, hematuria, spermatorrhea, penile pain, pain and itching along ren mai, pain and inflammation of the umbilicus, mad laughter, yawning, bad memory, back and limbs very cold.	L-7/ K-6 = restores harmony between lung and kidney. Li-4/ L-7 = external wind, head and respiratory diseases, all head and sensory problems, Yuan - Luo combination, Li-4/ Li-11/ L-7 = all head and respiratory problems, Li-4/ L-7/ B-13/ L-1/ Ren-22/ Ren-17 = for asthma.	
L-8 Jingqu Channel Gutter  The meridian	Metal point, Jing river point.	Regulates the lungs.	Asthma, cough, chest pain, esophageal spasm, sore throat, dyspnea, intermittent fever or fever without perspiration, neck Bi rheumatism, pharyngitis, palms hot.	Febrile disease with absence of sweating: LU-8/ SP-2.	
L-9 Taiyuan Supreme Abyss  The meridian	Yuan point, Tonification point, Shu-stream point, Earth point, Meeting point of blood vessels and pulse.	Dispels wind,resolves phlegm,regulates lung Qi, tonifies lung yin,promotes blood circulation in the lungs and in general.	Weak lung qi and lung yin, cough, asthma, bronchitis, TB, lung abscess, pertussis, heat in the palms, heatstroke, coma, irritability, chest pain, palpitations, emphysema, hemoptysis, brachial neuralgia, toothache, eyes pain, membrane over eye.	L-9/ St-36 = general strengthening, L-9/ P-6/ Sifeng = pertussis, L-9/ Li-6 = Edema in the upper part of the body with absence of perspiration and urinary retention (Yuan - Luo combination).	
L-10 Yuji Fish Border  The meridian	Fire point, Rong-spring point.	Regulates the lungs, cools lung heat and fire, dispels wind heat.	Throat diseases, tonsillitis, laryngopharyngitis, hoarseness, diabetes with excessive thirst, pneumonia, asthma, fever, hemoptysis, chest and back pain, mastitis, dyspnea, insomnia.	L-10/ Si-17 = tonsillitis, L-10/ Li-16/ L-5 = hemoptysis, L-10/SJ-2 = sore throat.	
L-11 Shaoshang Lesser Metal Phase  The meridian	Wood point, Jing-well point, one of the 13 Ghost Points for madness.	Regulates the lungs and clears fire, heat and wind heat, calms the spirit and restores collapsed Yang Qi.	Throat diseases, heat and febrile diseases, mumps, tonsillitis, fainting, diabetes with excessive thirst, asthma, pneumonia, chest pain with excessive perspiration, epilepsy, hysteria, psychosis, wind stroke, collapse syndrome, coma, delirium, meningitis, dry lips, no saliva, night perspiration, epistaxis, swollen tongue, fingers paralysis.	L-11/ Si-17 = acute tonsillitis, L-11/ Li-11 = thirst (in blood and Yin Xu condition), L-11/ P-3 = for the same condition.	For mental diseases direct moxa 3-5 cones, for acute disorders - bleeding.
Li-1 Shang	Metal point, Well	Clears wind heat,	Toothache, throat diseases,	Malaria with generalised fever:	

<p>Yang Yang Metal Phase</p> <p>☯ The meridian</p>	<p>Jing point.</p>	<p>clears lung fire and heat.</p>	<p>tonsillitis, cough, sudden fever, tinnitus, stomatitis, fever without perspiration, mumps, submandibular swelling, tinnitus, deafness, coma, finger numbness, color blindness.</p>	<p>L.I.-1, L.I.-3, SJ-3, KID-19, HE-3.</p>	<p>↑ BACK TO TOP ↑</p>
<p>Li-2 Erjian Second Interval</p> <p>☯ The meridian</p>	<p>Water point, Spring rong point</p>	<p>Dispels wind heat, moistens the throat.</p>	<p>Hemiplegia, facial paralysis, trigeminal neuralgia, fever, somnolence, toothache, headaches, blurred vision, epistaxis, shoulder and back pain, tonsillitis, throat diseases, dry mouth, submandibular swelling, esophageal spasms, renal pain, intestinal colic, diarrhea.</p>	<p>Toothache of the lower jaw: L.I.-2/ L.I.-1/ SI-5/ SJ-2/ SJ-9.</p>	
<p>Li-3 Sanjian Third Interval</p> <p>☯ The meridian</p>	<p>Wood point, Stream shu point.</p>	<p>Regulates the colon, clears heat, transforms damp heat, moistens the throat.</p>	<p>Malaria, trigeminal neuralgia, somnolence, insomnia, toothache, eye red swollen and painful, conjunctivitis, borborygmus, diarrhea, constipation due to excess heat, throat dry, tonsillitis, painful throat with obstruction, mouth and lips dry.</p>	<p>Somnolence: L.I.-3/ L.I.-2</p>	
<p>Li-4 Hegu Joining Valley</p> <p>☯ The meridian</p>	<p>Yuan source point</p>	<p>Eliminates wind (hot, cold, damp, dry), relieves pain, activates perspiration, activates labor, regulates Qi, regulates the lungs Qi, regulates and moistens the colon, softens hard masses, relaxes the sinews.</p>	<p>eczema, erysipelas, trigeminal neuralgia, flu, common cold, mumps, amenorrhea, otitis media, urticaria, hemiplegia, chills, toothache, sneezing, headache, migraine, asthma, pruritis, bronchitis, diarrhea, appendicitis, constipation, abdominal pain, Lymphangitis, furuncles, tetany, hysteria, tonsillitis, throat and tongue pain, voice loss, coma, fever, heatstroke, eye disorders, glaucoma, conjunctivitis, myopia, sudden blindness, difficult labor, nasal disorders.</p>	<p>Li-4/ St-36 = general tonifying and strengthening digestion and Wei Qi, Li-4/ L-7 = all head and sensory problems, Yuan - Luo combination, Li-4/ Li-11/ L-7 = all head and respiratory problems, Li-4/ K-7 = induces or arrests perspiration, Li-4/ Sp-6 = move and tonify blood.</p>	
<p>Li-5 Yangxi Yang Stream</p> <p>☯ The meridian</p>	<p>Fire point, Jing river point</p>	<p>Dispels wind, clears heat and damp heat, calms Shen, benefits throat, relieves pain.</p>	<p>Headache, wrist pain, skin diseases with itching, eczema, urticaria, toothache, hearing loss, eye red swollen and painful, tinnitus, chest pain, back spasm, sore throat, root of tongue pain, seizures, mania, mad laughter.</p>	<p>Li-5/ Si-5 = red and painful eyes.</p>	
<p>Li-6 Pianli Deviated Passage</p> <p>☯ The meridian</p>	<p>Luo point</p>	<p>Clears Heat and Dryness, dispels wind.</p>	<p>Edema - especially of arms and face, edema with absent of perspiration and difficult urination, ascites with borborygmus, Eye vision poor, dimness of vision, madness, seizures, urine retention, constipation, dry throat.</p>	<p>Li-6/ Li-5/ Li-1/ B-8/ Si-4/ Si-2 = tinnitus, Li-6/ Si-2/ Si-3 = deafness, L-9/ Li-6 = Edema in the upper part of the body with absence of perspiration and urinary retention (Yuan - Luo combination).</p>	
<p>Li-7 Wenliu Temperate Flow</p> <p>☯ The meridian</p>	<p>Xi cleft - accumulation point.</p>	<p>Regulates the colon, clears heat and dampness, moistens the throat.</p>	<p>Fever, throat numb and painful, stomatitis, tonsillitis, borborygmus, belching, sticks tongue out.</p>		
<p>Li-10 Shousanli Arm Three Miles</p> <p>☯ The meridian</p>		<p>Regulates stomach and intestines, softens hard masses.</p>	<p>facial paralysis, arm paralysis, cramps and edema, shoulder pain, hemiplegia, abdominal distention, diarrhea, vomiting, goiter, breast abscess, swelling of submandibular region, arm pain.</p>	<p>Li-10/ Ren-12/ St-36 = ulcer, Li-10/ St-36 = abdominal lumps due to food stagnation.</p>	
	<p>Earth point, tonification point, He sea point, one</p>	<p>Wind, wind heat and dryness, clears fire and</p>	<p>Fever, skin diseases, Fire poison and blood heat type skin diseases, painful urine,</p>	<p>Li-11/ St-36/ St-9 = drain yang for hypertension of YangMing, Li-11/ Sp-10/ B-40 = skin diseases,</p>	

<p>Li-11 Ouchi Crooked Pool</p> <p> The meridian</p>	of the 13 Ghost Points for madness.	summerheat, cools blood, invigorates blood, facilitates Qi and blood flow.	common cold, convulsions, hemiplegia, hypertension, urticaria, eczema, hot flashes, lassitude, depression, intestinal abscess, appendicitis, acute diarrhea, constipation, abdominal pain, bronchitis, chest pain, goiter, scrofula, boils, carbuncles, shoulder, arm and elbow pain., toothache, erythema, pruritis.	Li-4/ Li-11/ Li-20 = nasal diseases and all head afflictions, Li-11/ Li-12/ Li-10 = tennis elbow, Li-11/ Li-4/ YinTang/ L-11 = measles.	
<p>Li-14 Binao Upper Arm</p> <p> The meridian</p>	Meeting point of Yang wei mai with Li.	Dispels wind and wind heat, relaxes the sinews, brightens the eyes.	Shoulder and arm pain, eye diseases, conjunctivitis, myopia, goiter.	Li-14 joined to Li-15 = provide anesthesia for the thorax, Li-14/ B-1/ St-1 = eye diseases.	
<p>Li-15 Jianyu Shoulder's Corner</p> <p> The meridian</p>	Meeting point of Yang qiao mai with Li., Associated point of shoulder.	Relaxes the sinews, dispels wind and heat, softens hard masses.	All afflictions of shoulder joint and muscles, hemiplegia, excessive perspiration, goiter, scrofula, dry skin, spermatorrhea.	Li-4/ Li-11/ Li-15 = Arm and shoulder diseases, Li-5/ Li-15 = wind rash.	Spermatorrhea.
<p>Li-16 Jugu Giant Bone</p> <p> The meridian</p>	Meeting point of Yang qiao mai and Li.		Shoulder pain, cough, hematemesi s, goiter, scrofula, children convulsions or epilepsy, children nutritional impairment.	Li-16/ L-6/ L-5/ L-10 = coughing blood.	
<p>Li-18 Futu Support Prominence</p> <p> The meridian</p>	Window of the sky point.	Regulates lung Qi, transforms phlegm.	Cough, asthma, stridor, phlegm in throat, laryngeal spasm, goiter, scrofula, pain in opposite hip, sudden loss of voice.	Cough with rebellious qi, dyspnoea, vomiting of foam and clenched teeth: Li-18/ Si-17/ Ren-23/ B-42/ St-11/ B-45 Loss of voice: Li-18/ Si-16/ Sj-6/ G-7/ H-4	
<p>Li-19 Heliao Mouth Grain</p> <p> The meridian</p>		Clears nose.	All nasal afflictions, nose diseases.		
<p>Li-20 Yingxiang Welcome Fragrance</p> <p> The meridian</p>	Exit point, Meeting point of Yang ming.	Dispels wind cold and heat, clears obstruction from jingluo of nasal cavity.	All nasal afflictions, nose diseases, smell diseases, anosmia, rhinorrhea, sinusitis, nasal polyp, flu, wind heat and cold, dyspnea, facial paralysis, acne and other skin facial problems.	Li-4/ Li-11/ Li-20 = all nasal diseases, Li-20/ Yintang/ Du-23 = sinusitis, purulent rhinorrhea.	
<p>St-1 Chengqi Tears Container</p> <p> The meridian</p>	Yang qiao mai point, Meeting of Stomach and Ren mai.	Brighten the eyes, dispels wind and heat.	All eye diseases, excessive tearing, myopia, conjunctivitis, eye twitching, night blindness, facial spasm.	St-1/ B-1/ G-20/ Li-4/ St-36/ B-18/ B-23 = optic nerve atrophy.	 BACK TO TOP 
<p>St-2 Sibai Four Brightness</p> <p> The meridian</p>		Brightens the eyes, dispels wind, cold and heat,relaxes the sinews (facial),expels parasites, clears the nose.	All eye diseases including protruding eyes, eyes dizziness, color blindness, trigeminal neuralgia, conjunctivitis, eyelid spasm, facial paralysis, parainusitis, rhinitis, facial swelling., Roundworm in the bile duct, intestinal parasites, ascariasis.	St-2/ Dannangxue/ St-25/ Ren-4 = ascariasis.	Biliary ascariasis, roundworm in the bile duct.
<p>St-3 Juliao Large Crevice</p> <p> The meridian</p>	Yang qiao mai point, meeting of Stomach and Li.	Dispels wind and cold, relaxes the sinews (facial).	Facial paralysis, trigeminal neuralgia, facial pain and swelling, eyelid spasm, toothache, sinusitis, rhinitis, nasal abscess, myopia, swelling and rheumatism of feet.	Pain and swelling of the cheek: ST-3/ SI-16 .	Swelling and rheumatism of feet, leg qi, swelling of the knee.
<p>St-4 Dicang Earth Granary</p>	Yang qiao mai point, Meeting of	Dispels wind and cold, relaxes the	Facial paralysis, trigeminal neuralgia, excessive salivation,	Deviation of the mouth and eye: ST-4/ ST-6/ DU-26/ REN-24/ GB-	Feet swelling.









 The meridian	St and Li.	sinews (facial).	eyelids problems, feet swelling, cold sores on lips, lips spasm.	2/ L.I.-4.	
St-6 Jiache Jaw Bone  The meridian	Meeting St and G, one of the 13 Ghost Points for madness.	Dispels wind, cold and heat, relaxes the sinews.	Mumps, facial paralysis, neck pain and stiffness, toothache, sore throat, tempomandibular joint pain, lockjaw.	Li-4/ St-6/ St-44 = toothache of upper jaw, Li-4/ St-6 = toothache of lower jaw, St-6/ Sj-17/ Li-4 = acute parotitis.	
St-7 Xia guan Below Joint  The meridian		Dispels wind, cold and heat, opens the ears.	Tempomandibular joint arthritis, bi and pain, trigeminal neuralgia, facial paralysis, lockjaw, gingivitis, toothache,, deafness, tinnitus, otitis media, yawning, blurred vision.	Tinnitus and deafness: ST-7/ L.I.-5/ SJ-1/ SJ-2/ SI-5.	
St-8 Touwei Head Safeguard  The meridian	Entry point.	Dispels wind and heat, brighten the eyes, regulates jing lu in the head	Headaches, especially frontal, migraine, vertigo, dizziness, photophobia, blurred vision, excessive lacrimation, eyelid spasm, psychosis.	St-8/ B-2 = frontal headache, dizziness, excessive lacrimation, photophobia.	
St-9 Renying Men's Welcome  The meridian	Window of the sky point, Sea of energy.	Regulates Qi, blood and Lung Qi, regulates ascent of Clear Yang to the brain, moistens the throat, softens hard masses.	Asthma, hypertension, dyspnea, vomiting, esophageal constriction and spasm, sore throat, painful obstruction of throat, swollen larynx, goiter, scrofula, headache, dizziness, flushed face, speech impairment, piglet Qi, general and acute pain treatment, and sudden motor paralysis.	St-9 joined to Si-17/ Li-4/ St-36/ K-3/ P-6/ Sp-6 = goiter, St-9/ Li-11/ St-36 = hypertension, St-9/ Du-26/ Li-3/ P-6/ Du-25 = hypotension.	General pain treatment, analgesic point.
St-13 Qihu Qi Door  The meridian		Regulates Qi in chest and diaphragm.	Chest heavy, dyspnea, pleurisy, bronchitis, cough, diaphragm spasm, loss of taste and smell, loss of appetite, feet perspiration.		Feet perspiration.
St-18 Rugen Breast's Root  The meridian		Regulates the chest and breast Qi, facilitates lactation.	Chest and hypochondriac fullness and pain, cough, bronchitis, asthma, insufficient lactation, mastitis, breast lumps, prolonged menstruation.	Si-1/ St-18/ Ren-17 = insufficient lactation.	Prolonged menstruation.
St-19 Burong Not Contained  The meridian		Regulate Qi in the chest, dissolve phlegm.	Epigastric and intercostal pain due to cholelithiasis and cholecystitis, much phlegm (move with moxa), borborygmus, eye diseases of little children.		Lateral to Ren-14, Eye diseases of little children.
St-20 Chengman Relieving Fullness  The meridian		Harmonises the middle jiao descends rebellion of the Lung and Stomach.	Epigastric pain, vomiting, vomiting blood, spitting blood, hiccup, difficult ingestion, poor appetite, difficult swallowing, abdominal distention, borborygmus, diarrhoea, hardness and pain of the lateral costal region, shortness of breath, wheezing, difficult breathing with raised shoulders.	Difficult ingestion: ST-20/ LU-1/ BL-60/ LU-10/ SP-20.	
St-21 Liangmen Beam Gate  The meridian		Regulates and strengthen spleen yang, regulates stomach Qi, clears middle jiao heat, raises Qi.	Abdominal and hypochondriac pain, stomach or duodenal ulcer, gastritis, diarrhea, undigested particles in stool, indigestion, poor appetite, prolapse of stomach and anus, anal prolapse, gastropotosis.	P-6/ St-21/ St-34 = acute gastritis with pain.	
St-22 Guanmen Pass Gate		Regulates stomach Qi, tonifies Spleen	Abdomen swollen, aerogastria, borborygmus, diarrhea, shakes		










☯ The meridian		yang.	with cold, bad breath.		
St-25 Tianshu Heaven's Axis ☯ The meridian	Mu point of colon, Meeting of stomach and colon.	Regulates spleen Qi and yang, regulates stomach Qi and yin, regulates and moistens the intestines, tonifies Wei Qi, Clears Heat and dampness, regulates Qi and blood, transforms damp and cold.	Intestinal abscess, dysentery with or without blood, abdominal masses, digestive ulcers, colitis, appendicitis, enteritis, pancreatitis, borborygmus, nausea, diarrhea, constipation, abdominal pain and distention, Infertility, endometriosis, irregular menstruation, dysmenorrhea, leucorrhea, intestinal parasites, urinary tract stones and calculi, weary and frightened.	St-25/ St-37 = colitis, St-25/ St-36/ St-37/ St-39 = purges the intestines, B-25/ St-25 = for acute syndromes of the colon. (Shu - mu technique).	
St-28 Shuidao Waterway ☯ The meridian		Regulates water pathways, transforms damp heat, especially lower jiao, expels stones.	Painful urinary dysfunction, acute nephritis and cystitis, all urinary afflictions, orchitis, lower back pain, dysmenorrhea, leucorrhea, pain radiating to the genitalia, urinary retention, ascites, rectal prolapse.	Sp-6/ Sp-9/ St-28 = all urinary problems, St-28/ B-23/ B-28/ Sp-6 = nephritis	
St-29 Guilai Return ☯ The meridian		Regulates menstruation, transforms damp heat, warms the lower jiao.	Dysmenorrhea, amenorrhea, irregular menstruation, practically all uterus (gynecological) diseases, uterine prolapse, hernia due to cold, endometritis, orchitis, vaginitis, scrotal and urethral pain, orchitis, prostatitis, leucorrhea, infertility, impotence.	Sp-6/ St-29 = all uterus diseases, St-29/ K-3/ Ren-6/ K-7 = trichomonas vaginitis.	
St-30 Qichong Rushing Qi ☯ The meridian	Sea of nourishment, Meeting point of food, Chong mai point.	Stabilizes the essence and the lower orifices, tonifies nutritive Qi, regulates Qi and blood, regulates menstruation and the Chong mai, invigorates and contains the blood.	Infertility, impotence, spermatorrhea, irregular menstruation, dysmenorrhea, uterine tumors and fibroids, hemorrhage, pain in the genitalia, hunger with no desire to eat, hernia, uterovaginal prolapse, spasms of foot, piglet Qi.	St-30/ Liv-8/ Liv-3 = hernia.	Spasm of foot.
St-31 Biguan Thigh Gate ☯ The meridian		Facilitates Qi and blood flow, dispels wind, cold, heat and damp.	Lower extremity atrophy, weakness and pain, lower limb bi and wei, lymphadenitis of inguinal region, heaviness or paralysis of lower extremities, lower back pain, sciatica, muscular cramps of leg, poor blood circulation in legs.	St-31/ St-33 = knee pain, St-31/ B-40 (Weizhong)/ B-36 (Chengfu) = arthritis of hip joint.	
St-32 Futu Crouching Rabbit ☯ The meridian	Association point of veins.	Dispels wind, cold and heat.	Bi syndrome of knee, leg Qi, pain and cold of lower back, thigh and knee, heaviness of head, urticaria, hemiplegia, abdominal distention, atrophy and wei of arm, asthma at midnight.	L-9/ St-32/ P-5/ Sp-6/ Sp-9/ B-40 (Weizhong)/ B-22 = varicose veins.	Head heavy, Asthma at midnight.
St-34 Liangqiu Ridge Mound ☯ The meridian	Xi cleft point	Regulates stomach Qi, clears heat.	Painful bi of lower extremities, acute stomach pain, gastritis, hemorrhage, diarrhea, mastitis, pain and swelling of knee and surrounding tissues.	St-34/ G-42 = breast swelling, P-6/ St-34/ Ren-12 = gastritis	
St-35 Dubi Calf's Nose ☯ The meridian	Associated point of knee.	Dispels wind, cold and heat, invigorates the jingluo.	All knee afflictions, pain, stiffness and inflammation of knee, bi of knee, wei of knee, numbness and weakness of knee, meniscus injury.	St-35/ Xiyan = all knee diseases.	










<p><u>St-36 Zusanli</u> Three Leg's Miles</p> <p> The meridian</p>	<p>Earth point, He sea point, lower meeting point of stomach, Associated point of Qi, Sea of nourishment.</p>	<p>Regulates and tonifies spleen and stomach Qi, tonifies Wei and Ying Qi, regulates and facilitates Qi and blood, raises yang Qi.</p>	<p>Stomach and spleen diseases, anorexia, intestinal abscess, bloody dysentery, abdominal masses, digestive ulcers, colitis, appendicitis, enteritis, pancreatitis, nausea, diarrhea, constipation, insomnia, general weakness, asthma, nephritis, restless fetus, skin diseases, urticaria, eczema, breast abscess, allergies, anemia, dizziness, vertigo, headache, sinusitis, tinnitus, weakness and wei, hypertension, hemiplegia, insufficient lactation, eye diseases.</p>	<p>Li-11/ St-36 = drain yang for hypertension of YangMing, St-25/ St-36/ St-37/ St-39 = purges the intestines, St-36/ Ren-4/ Ren-6 = General tonification, P-6/ Ren-12/ St-36/ Sp-4 = nausea, vomiting, morning sickness, St-36/ St-39/ G-34/ P-6 = pancreatitis.</p>	<p>Treats almost all diseases.</p>
<p><u>St-37 Shangjuxu</u> Upper Great Void</p> <p> The meridian</p>	<p>He sea point of colon, Sea of blood.</p>	<p>Regulates stomach and intestines, transforms damp heat, brings fullness of Yang Qi down.</p>	<p>For all acute and chronic diseases of the colon, dysentery, diarrhea, appendicitis, enteritis, colitis, abdominal pain and distention, borborygmus, ulcerative colitis, dizziness, leg pain and numbness, generalized distention.</p>	<p>St-25/ St-37 = colitis, St-25/ St-36/ St-37/ St-39 = purges the intestines.</p>	
<p><u>St-38 Tiaokou</u> Lines Opening</p> <p> The meridian</p>		<p>Regulates the stomach, relaxes the sinews, dispels wind and cold.</p>	<p>Enteritis, stomachache, diarrhea, abdominal cramps, borborygmus, perifocal inflammation of the shoulder joint, frozen shoulder with stiffness and pain, drop foot, lower extremity muscular cramp, damp bi.</p>	<p>St-38/ Li-15 = frozen and painful shoulder.</p>	
<p><u>St-39 Xiajuxu</u> Lower Great Void</p> <p> The meridian</p>	<p>He sea point of small intestine, Sea of blood.</p>	<p>Regulates stomach and intestines, drains damp heat, redirects rebellious Qi downward, drains excess yang Qi in the upper body downward to the legs.</p>	<p>Lower abdominal pain, acute intestinal obstruction, back pain radiating to the testicles, diarrhea, dyspnea, cough, drains excess yang Qi to the legs, painful throat obstruction, hypersalivation, dry lips, generalized pain, madness, no perspiration, hair loss.</p>	<p>St-25/ St-36/ St-37/ St-39 = purges the intestines</p>	
<p><u>St-40 Fenglong</u> Abundant Bulge</p> <p> The meridian</p>	<p>Luo point, Associated point for phlegm.</p>	<p>Resolves phlegm, damp, phlegm heat, phlegm fire, dries damp and damp cold, regulates stomach Qi and intestines.</p>	<p>Seizures, bronchitis, lung abscess, asthma, pertussis, pneumonia, damp bi, menopausal syndrome, pms, dizziness, vertigo, morning sickness, epigastric distention and pain, loose stools, diarrhea, difficult defecation, leg Qi, obesity, phlegm type depression and mania, madness, incoherent speech, insomnia, throat bi, fatigued extremities, intercostal neuralgia, headache, epilepsy.</p>	<p>St-40/ Sp-9/ Ren-9 = ascites and swollen abdomen, St-40/ B-13/ G-40 = chest pain with phlegmatic cough, St-40/ Anmian/ H-7 = insomnia and vertigo, Sp-3/ St-40 - Tonifies the spleen and resolves phlegm (Yuan - Luo combination).</p>	
<p><u>St-41 Jiexi</u> Stream Divide</p> <p> The meridian</p>	<p>Fire point, Tonification point.</p>	<p>Regulates the stomach, clears stomach heat and fire, cold and damp, dispels wind, Calms the spirit and clears the brain.</p>	<p>Headache, dizziness, edema of face, mouth pain, eye disease, abdominal distention, constipation, delirium, seizures, mania, incoherent speech, ankle pain and sprain, drop foot, red eyes with headache, frightened, toothache.</p>	<p>St-41/ B-23/ K-7/ Sp-9 = nephritis.</p>	
<p><u>St-42 Chongyang</u> Rushing Yang</p> <p> The meridian</p>	<p>Source yuan point</p>	<p>Regulates the stomach, calms the spirit, clears stomach fire and heat and wind.</p>	<p>Anorexia, epigastric pain and distention, constipation, hysteria, anxiety, restlessness, malaria, fever, facial paralysis and swelling, toothache, gingivitis, leg Qi, always cold and seeks warmth, yawning.</p>		
<p><u>St-43 Xiangu</u></p>	<p>Wood point, Stream shu point.</p>	<p>Transforms wind, damp and heat,</p>	<p>Facial swelling and edema, sinusitis, general pain and</p>	<p>Li-4/ Li-20/ St-43/ St-44 = sinusitis</p>	










<p>Sunken Valley</p> <p>☯ The meridian</p>		regulates the stomach.	aches, epigastric and abdominal pain, borborygmus, belching, seizures, tonsillitis, conjunctivitis, incessant cough.		
<p>St-44 Neiting Inner Courtyard</p> <p>☯ The meridian</p>	Water point, Ying spring point.	Regulates stomach and intestines, transforms damp heat, clears wind heat and stomach fire, reduces fever.	Dysentery and diarrhea, enteritis, constipation, epigastric pain, abdominal pain and distention, morning sickness, febrile diseases, urticaria, stomachache, frontal headache, sinusitis, epistaxis, toothache, tonsillitis, lockjaw, skin rash with postules and fever, throat and mouth numb.	Li-4/ Li-20/ St-43/ St-44 = sinusitis, St-44/ Du-23 = eyeball pain.	
<p>St-45 Lidui Strict Exchange</p> <p>☯ The meridian</p>	Metal point, Jing well point.	Regulates stomach, clears heat, transforms damp heat, calms the spirit.	Hepatitis, abdominal heat and pain, indigestion, facial edema, tonsillitis, sore throat, toothache, epistaxis, sinusitis, hysteria, depression, disorientation, dream disturbed sleep, fainting, eyes twitch.	Li-3/ St-45/ Sp-6 = insomnia with dream disturbed sleep.	
<p>Sp-1 Yinbai Hidden White</p> <p>☯ The meridian</p>	Wood point, Jing well point, Entry point, one of the 13 Ghost Points for madness.	Regulates and tonifies the spleen, facilitates blood flow, contains the blood, calms the spirit and clears the brain.	All bleeding disorders, epistaxis, hematemesis, blood in the urine, bloody stools, prolonged menstruation, manic depression, excessive dreaming, startled sleep, anorexia, abdominal distention, nausea, sudden diarrhea, clars thinking, intelligence problems.	Sp-1/ Ren-6/ Sp-10/ Sp-6 = abnormal uterine bleeding, Sp-1/ B-40 (54) = ceaseless epistaxis, Sp-1/ St-36 = rectal or uterine bleeding.	<p>Clars thinking, intelligence.</p> <p>↑ BACK TO TOP ↑</p>
<p>Sp-2 Dadu Great Metropolis</p> <p>☯ The meridian</p>	Fire point, Rong spring point.	Regulates spleen and stomach.	Fever without perspiration, restlessness nad insomnia, fullness and tightness in chest, poor digestion, abdominal distention, belching, borborygmus, diarrhea, constipation, epigastric pain, lumbago, hemorrhoids, cold limbs.	Febrile disease with absence of sweating: SP-2/ LU-8.	
<p>Sp-3 Taibai Great Brightness</p> <p>☯ The meridian</p>	Earth point, Source yuan point.	Regulates and tonifies the spleen, regulates the stomach and colon, clears heat, damp heat and dampness.	Abdomianl distention, edema, diarrhea, dysentery, gastric pain, nausea, hunger with no desire to eat, body heavy and arthritic pain, headache, borborygmus, belching, constipation, hemorrhoids, cardiac pain, arthritic pain with gastrointestinal problems.	Liv-13/ Sp-3/ K-6 = constipation, Sp-3/ St-40 - Tonifies the spleen and resolves phlegm (Yuan - Luo combination).	
<p>Sp-4 Gongsun Grandfather - Grandson</p> <p>☯ The meridian</p>	Luo point, Master point of chong mai.	Regulates and tonifies spleen, stomach, middle and lower jiao, clears heat, damp and damp heat, invigorates and contains the blood, calms the spirit and clears the brain, regulates chong mai and menstruation.	Acute epigastric and abdominal pain, resolves stagnant blood conditions in the stomach, bleeding of upper digestive tract, enteritis, jaundice, tidal fever, indigestion, abdominal distention, leg Qi, chronic diarrhea, irregular menstruation, lower abdominal pain, ascites, cardiac pain, stabbing pain in intestines, leprosy, mania-depression, manicraving, insomnia, restlessness, frequent sighing.	Sp-4/ K-1/ K-2/ St-36/ St-34 = for leprosy, Sp-4/ St-36/ P-6/ St-44 = bleeding of upper digestive tract.	Leprosy.
<p>Sp-5 Shangqiu Metal Mound</p> <p>☯ The meridian</p>	Metal point, Jing river point.	Regulates and tonifies spleen and stomach, resolves damp and damp heat,	Abdominal distention, diarrhea, borborygmus, enteritis, lassitude, stomachache, flatulence, pain and stiffness of ankle joint, jaundice, pain along medial aspect of thighs, hemorrhoids, sterility.	Sp-5/ St-25/ Sp-9 = chronic enteritis.	
	Meeting point of liver, kidney and	Regulates and tonifies spleen and	All diseases of lower abdomen, abdominal distention,	Liv-3/ Sp-6 = regulates liver Qi, reduces liver Yang, Sp-6/ Sp-9/	






<p>Sp-6 Sanjinjiao Three Yin Junction</p> <p>☯ The meridian</p>	spleen.	stomach, nourishes blood and yin and facilitates blood flow, resolves damp, damp heat and damp cold, promotes liver Qi, regulates menstruation and labor, raises middle Qi.	diarrhea, leucorrhea, cloudy urination, eczema, urticaria, enuresis, dysuria, cystitis, urinary retention, weakness, dizziness, neurasthenia, insomnia, irregular menstruation, amenorrhea, dysmenorrhea, infertility, prolapse of uterus, difficult labor, leg Qi, flatulence, hypertension, nephritis, prostatitis, impotence, organ prolapse, hernia, enlarged spleen, liver cirrhosis, abdominal masses and tumors.	St-28 = all urinary problems, Sp-6/ St-29 = all uterus diseases, H-7/ Sp-6/Yintang = insomnia, Li-4/ Sp-6/ Liv-3 = difficult labor.	
<p>Sp-7 Lougu Dripping Valley</p> <p>☯ The meridian</p>		Regulates the stomach and intestines.	Abdomen swollen and distended, borborygmus, flatulence, eating without gaining weight, foot and ankle swollen and painful, indigestion.	Difficult urination and seminal emission: SP-7/ REN-3/ LIV-5/ BL-36/ BL-67.	
<p>Sp-8 Diji Earth Axis</p> <p>☯ The meridian</p>	Xi cleft point,	regulates Yang Qi and blood, invigorates blood.	Amenorrhea, dysmenorrhea, uterine bleeding, clots in menstruation, irregular menstruation, edema, abdominal distention, difficult urination, leucorrhea, infertility, spermatorrhea, lower back and knees stiff and painful, scant urine, hemorrhoids.	Li-4/ Sp-8 = acute dysmenorrhea, Sp-8/ K-13/ Sp-6 = irregular menstruation.	
<p>Sp-9 Yinlingquan Yin Mound Spring</p> <p>☯ The meridian</p>	Water point.	Regulates and tonifies the spleen, stomach and lower jiao, resolves damp and damp heat, regulates waterways.	Edema, ascites, urinary problems in general, cystitis, leucorrhea, urinary incontinence or retention, diarrhea, bi and wei syndromes, hepatitis, jaundice, nephritis, stomach ache, abdominal distention.	Sp-6/ Sp-9/ St-28 = all urinary problems, St-40/ Sp-9/ Ren-9 = ascites and swollen abdomen, Sp-6/ Sp-9/ St-28 = all urinary problems, L-7, Ren-12, St-40, Sp-9, St-45 = obesity	
<p>Sp-10 Xuehai Sea of Blood</p> <p>☯ The meridian</p>		Regulates the spleen and menstruation, invigorates and facilitates blood flow, cools the blood, tonifies wei Qi.	Excessive menstrual bleeding, all blood disorders, all skin diseases due to heat or heat toxin in the blood, or blood xu, blood in urine, restless fetus, vaginal pruritis, herpes zoster, anemia, eczema, boils and carbuncles, orchitis, perineal eczema, allergies.	Li-11/ Sp-10/ B-40 = skin diseases, L-7/ Sp-10/ Li-11/ St-36 = urticaria.	
<p>Sp-12 Chongmen Penetrating Gate</p> <p>☯ The meridian</p>	Meeting point of liver and spleen.	Transforms damp heat, facilitates Qi and blood flow.	Hernia, painful urine, urinary retention, orchitis, endometriosis, leucorrhea, dysmenorrhea, insufficient milk, breast abscess, rectal prolapse.		Located 3.5 Cun lateral to Ren-2.
<p>Sp-15 Daheng Great Transverse</p> <p>☯ The meridian</p>	Meeting point of Yin wei mai with spleen.	Regulates the spleen, moistens the intestines, resolves damp heat.	Dysentery, abdominal distention, constipation, severe diarrhea, fecal incontinence, weak extremities, intestinal parasites, excessive perspiration, sadness.	Sp-15/ sifeng/ St-36 = parasitic worms in the intestines, Sp-15/ G-34 = habitual constipation.	excessive perspiration, sadness.
<p>Sp-21 Dabao Great Envelope</p> <p>☯ The meridian</p>	Exit point, Luo point of all Luo vessels.	Regulates the chest, Qi and blood, tonifies Ying Qi.	General pain throughout the body, lethargy and depression, intercostal neuralgia, asthma, cough, dyspnea, emaciation, weak extremities, harmonizes left and right, upper and lower, inside and outside of body, regulates distribution of blood to the muscles and tendons via the Luo channels.	Pain of the whole body : SP-21/ GB-34/LI-11/ BL-10.	Loacted midway between H-1 and Liv-13 on the same line.
	Point of entry.	Regulates the heart, facilitates Qi	Chest pain, nausea, jaundice, poor eyesight, excessive thirst,	H-1/ L-4 = chest pain with dry vomiting, H-1/ Sj-5/ G-34 =	








<u>H-1 Jiquan</u> Summit Spring  <u>The meridian</u>		flow.	dry throat, intercostal neuralgia, excessive perspiration, fullness in chest, hysteria, depression, hypotension, paralysis of all limbs.	intercostal neuralgia	↑ BACK TO TOP ↑
<u>H-3 Shaohai</u> Lesser Sea  <u>The meridian</u>	Water point, He sea point.	Regulates heart Qi, regulates Qi and blood, calms the spirit.	Ulnar nerve neuralgia, hand tremors, parkinson disease, intercostal neuralgia, cardiac, axilla or hypochondriac pain, neurasthenia, psychosis, anxiety, voice loss, headache, dizziness, forgetfulness, lymphadenitis of axilla, epilepsy, stupidity, pruritis, premature ejaculation.	H-3/ Anmian/ Sp-6 = neurasthenia, H-3/ St-33 = chest pain with hand tremors.	
<u>H-4 Lingdao</u> Spirit Path  <u>The meridian</u>	Metal point, Jing river point.	Regulates the heart, calms the spirit.	Arm pain and spasm, arm neuralgia, anxiety, sudden muteness, sensation of cold in the bones, hysteria, incoherent speech, fear, eye redness, cardiac pain.		
<u>H-5 Tongli</u> Penetrating Inside  <u>The meridian</u>	Luo point.	Regulates and tonifies heart Qi, clears heart fire or empty fire, calms the spirit.	Bradycardia, cardiac arrhythmia, aphasia, tongue stiffness, speech difficulties, hysteria, fatigue, dizziness, blurred vision or eye pain, chest pain, palpitations associated with fear, heart pounding, headache, anxiety and fear, fear of people, yawning, face warm without perspiration, hypertension, uterine bleeding, somnolence, insomnia.	H-5/ Du-25 = bradycardia, H-5/ B-15 = cardiac arrhythmia, H-5/ K-4 = somnolence and disinterest in talking, H-5/ St-41 = Headache with red eyes and face.	
<u>H-6 Yinxi</u> Yin Cleft  <u>The meridian</u>	Xi cleft point.	Tonifies heart yin and cools the heart, resolves phlegm fire in the heart, invigorates the blood and cools heat in the blood, calms the spirit.	Night perspiration, hysteria, stiffness and pain along heart meridian, chest pain, aphasia, palpitations, pulmonary tuberculosis with night perspiration, hemoptysis, epistaxis, anxiety, fear, sudden rage.	H-6/ K-7 = night perspiration.	
<u>H-7 Shenmen</u> Spirit Gate  <u>The meridian</u>	Earth point, Source yuan point, point of sedation.	Regulates and tonifies the heart, transforms heart phlegm and fire, regulates and cools the blood.	All heart syndromes and diseases, arrhythmia, palpitations, fibrillation and angina pectoris, insomnia, excessive dreaming, hysteria, irritability, anxiety and fear, poor memory, dizziness, headache, tongue diseases, neurasthenia, hypertension, hyperthyroidism, hemoptysis, bloody stool, eczema, itching, mania, depression, urinary incontinence, nocturnal emission, desire for cold drinks, likes to laugh, ceaseless chattering, cold feet with warm hands, frequent sighing, forgetfulness.	H-7/ Sp-6/Yintang = insomnia, H-7/ P-6/ yintang/ Liv-3/ Sp-6 = anxiety and depression, H-7/ B-15/ P-6/ G-34 joined to Sp-9 = cardiac arrhythmia, H-7/ Ren-13 = mad behavior, H-7/ Si-7 = Calms the spirit and treats emotional imbalances (Yuan - Luo combination).	
<u>H-8 Shaofu</u> Lesser Palace  <u>The meridian</u>	Fire point, Rong spring point.	Regulates the heart and transforms heart phlegm, clears heart and small intestine fire, clears damp heat, calms the spirit.	Arrhythmia, angina pectoris, tachycardia, chronic heart failure, dysuria, difficult or bloody urination, enuresis, perineal eczema and itching, fatigue, vaginal pruritis, mania, grief, fear, impotence.	H-8/ Ren-3/ Ren-2/ Sp-10/ Sp-8 = bloody urine with cystitis, H-8/ St-36 = urinary retention.	
<u>H-9 Shaochong</u> Lesser Rushing  <u>The meridian</u>	Wood point, point of exit, point of tonification, Jing well point.	Regulates and tonifies heart Qi, reduces heart fire, cools the blood, calms the spirit.	Coma, wind stroke, mania, fainting, manic depression syndrome, febrile diseases, sore throat, hemoptysis, bloody stool, fullness of chest, dreams of fire.	Fear with heart pain: HE-9/ HE-7/ GB-34/ P-6.	

meridian					
Si-1 Shaozi Lesser Marsh  The meridian	Metal point, Well jing point, point of entry.	Dispels wind heat and heat, facilitates lactation, Clears the senses.	Insufficient lactation, mastitis, breast abscess and other breast diseases, neck pain, coma, fainting, febrile diseases, wind stroke, deafness, tinnitus, headache, tonsillitis, torticollis, polyuria.	Si-1/ Ren-17/ St-18 = all breast afflictions.	↑ BACK TO TOP ↑
Si-2 Qianggu Front Valley  The meridian	Water point, Rong spring point.	Dispels wind heat, regulates the ears and throat.	High fever without perspiration, nasal obstruction, pain and stiffness of the neck, deafness, tinnitus, dry and painful throat, weak eyesight, bi syndrome affecting fingers.	Tired throat, swelling of the neck with inability to turn	
Si-3 Houxi Back Stream  The meridian	Wood point, Stream shu point, point of tonification, Master point of Du mai, coupled point of Yang qiao mai.	Clears the mind, eliminates wind heat, fire and summerheat, regulates the Du mai, relaxes tendons and muscles.	Epilepsy, psychosis, hysteria, convulsions, eye inflammatory diseases such as conjunctivitis, malaria, stiff neck and torticollis, lower back sprain, finger bi syndrome and other finger diseases, febrile diseases without perspiration, dizziness, vertigo, epistaxis, muscular tetany, headache - especially occipital, insomnia, dream disturbed sleep with perspiration, deaf - mutism, greasy stools.	Si-3/ B-10/ Du-14 = torticollis, Si-3/ G-30 = painful legs, Si-3/ P-8 = jaundice, Si-3/ B-10/ Du-13/ B-11/ L-6 = Headache related to cervical and thoracic stiffness, Si-3/ T-5 = pain in the head and eyes.	
Si-4 Wangu Wrist Bone  The meridian	Source yuan point.	Invigorates Qi and blood in the sinews, resolves heat, damp heat and wind heat.	Wrist or finger pain, cholecystitis, hypochondriac pain and distention, jaundice, malaria, fever, neck pain and creaking, gastritis, convulsions, alternate hot and cold.	Si-4/ B-62/ Sj-5/ K-1 = cold jaundice	
Si-5 Yanggu Yang Valley  The meridian	Fire point, Jing river point.	Clears heat, damp heat and wind heat, calms the spirit.	Swelling of submandibular region, parotitis, bi syndrome of damp heat type of knee and or wrist, mumps, toothache, dizziness, fever without perspiration, tinnitus, deafness, fright, depression, mania, stomatitis, gingivitis, talks and laughs excessively, hemorrhoids.	Haemorrhoids, swelling of the axilla: SI-5/ BL-56/ L-36/ BL-40,	
Si-6 Yanglao Supporting the Old  The meridian	Xi cleft point.	Relaxes the sinews, invigorates Qi flow, brightens the eyes.	Pain of the arm, shoulder, neck and back, lower back sprain, stiff neck, blurred vision, eye pain or heaviness.	Si-6/ p-6 = belching.	
Si-7 Zhizheng Branch of the Main  The meridian	Luo point	Dispels wind and heat, calms the spirit.	Febrile diseases, no perspiration, neck stiffness and pain, vertigo, headache, hysteria, fear, anxiety, arm painful and weak, mania-depression disorder.	H-7/ Si-7 = Calms the spirit and treats emotional imbalances (Yuan - Luo combination).	
Si-8 Xiaohai Small Sea  The meridian	Earth point, He sea point.	Dispels wind, invigorates Qi.	Vertigo, headache, neck and arm and shoulder pain, neuralgia and stiffness, coronary heart disease, chest pain, palpitations, insomnia, deafness, trembling, insanity.		
Si-9 Jianzhen True Shoulder  The meridian		Dispels wind.	Shoulder pain, excessive perspiration of armpit, axilla, neck pain, tinnitus, unable to raise hand, deafness.	Shoulder pain with inability to turn the head: SI-9/ SJ-1/ L1-15 .	
Si-10 Naoshu Scapula's Hollow	Meeting point of Yang qiao mai and Yang wei mai.	Dispels wind , softens hard masses.	Pain, stiffness, bi and wei syndrome of scapula, shoulder and arm, weakness of arm.	Acute pain of the posterior of the shoulder: SI-10/ SI-6.	





Si-11 Tianzong Heavenly Gathering  The meridian		Regulates Qi of the chest, Facilitates lactation.	Pain, stiffness, bi and wei syndrome of scapula, shoulder and arm, weakness of arm, cholecystitis nad cholelythiasis - when the point is tender, mastitis, insufficient lactation, cough, hiccups, swelling of lower jaw.	Si-1/ Si-11 = breast afflictions.	
Si-12 bingfeng Grasp the Wind  The meridian	Meeting point of Gallbladder, Triple burner, Large and Small intestine.	Dispels wind and cold, regulates Qi in the tendons and muscles.	All shoulder and scapula diseases, pain, numbness, bi and wei syndrome.		
Si-13 Quyuan Crooked Wall  The meridian		Invigorates Qi and Blood in the tendons and muscles.	Inflammation and pain of the tendons and muscles of the shoulder.	Pain of the shoulder and scapula: SI-13/ SI-11 / SI-9.	
Si-15 Jianzhongshu Middle Shoulder Shu  The meridian		Dispels wind, heat and cold, regulates Qi in the tendons of upper back.	Pain and stiffness of the upper back, shoulder and neck, bronchitis, asthma, dyspnea, flu with stiff muscles.		
Si-16 Tianchuang Heavenly Window  The meridian	Window of the sky point.	Regulates Qi and blood in the throat, calms the spirit, clears Heat and Damp in the throat and ears.	Deafness, tinnitus, ear disorders, throat pain, goiter, swelling of the cheek, tonsillitis, face hot, urticaria, loss of voice, hoarseness, headache, lockjaw, mania-depressio, manic behavior, neck and shoulder pain.	Throat pain: SI-16, DU-16, P-8. Ear pain, deafness and tinnitus: SI-16, LI-5, SJ-1, SJ-2, SJ-3. Goiter: SI-16, SJ-13.	
Si-17 Tianrong Heavenly Reception  The meridian	Window of the sky point.	Regulates Qi and blood, clears heat and moistens the throat.	Sore throat, plumpit sensation in the throat, tonsillitis, pharyngitis, neck swelling, dry throat with difficult swallowing, neck lumps, abscess, scrofula and goiter, chest pain and fullness, asthma, spitting foam, swelling of chest or cheek, tinnitus, deafness.	Tonsillitis and sore throat: L-10/ LI-11/ Si-17/ L-11	
Si-18 Quanlian Cheekbone Crevice  The meridian	Meeting point of Small intestine, Triple burner and Gall bladder.	Dispels wind, cold and heat.	Facial paralysis, trigeminal neuralgia, toothache, jaw swelling, red face.	Red and yellow eyes: SI-18/ P-6.	
Si-19 Tinggong Hearing Palace  The meridian	Point of exit, Meeting point of Small intestine, Triple burner and Gall bladder.	Facilitates Qi flow in the jingluo.	All ear disorders, deafness, mutism, tinnitus, otitis media and externa, aural vertigo.	T-21/ G-2/ Si-19 = all ear diseases.	
B-1 Jingming Clear Eyes  The meridian	Point of entry, Meeting point of Bladder, Stomach, Small intestine, Triple burner and Gall bladder, Point of Yang and Yin qiao mai.	Dispels wind and heat, brighten the eye, tonifies and circulates yin.	All eye diseases, conjunctivitis, myopia, glaucoma, blurred vision, internal hemorrhage in the eye fundus, optic nerve atrophy, night and color blindness, excessive tearing, itching, cataract, retinitis, dizziness, pituitary and pineal gland diseases.	K-6/ B-1 = insomnia, B-62/ B-1 = somnolence, St-1/ B-1/ G-20/ LI-4/ St-36/ B-18/ B-23 = optic nerve atrophy.	↑ BACK TO TOP ↑
B-2 Zanzhu Gathered Bamboo		Dispels wind, cold and heat, brightens the eyes	Frontal headache, facial paralysis, blurred vision, weak eyesight, eye diseases in general, glaucoma, excessive lacrimation, tearing, dizziness, conjunctivitis, sinusitis, rhinitis, allergies affecting the	St-8/ B-2 = frontal headache, dizziness, excessive lacrimation, photophobia.	








 The meridian			eyes and nose, itching, sneezing, eyes red and painful, acute lower back pain or sprain, myopia, cataract.		
B-7 Tongtian Penetrating Heaven  The meridian		Clears wind, opens the nose.	Headache, dizziness, hemiplegia, rhinitis, loss of smell, epistaxis, vertigo, facial swelling.	B-7/ B-6 = Drooling mouth and nasal discharge, B-7/ Du-15/ B-59 = heaviness of the head.	
B-9 Yuzhen Jade Pillow  The meridian		Clears wind, regulates Qi of the senses, relieves stagnation.	Severe pain in the eyes, supraorbital pain, excessive tearing, blurred vision, myopia, vertigo, neck and occipital pain, blocked nose, tired, depression.		
B-10 Tianzhu Heaven's Pillar  The meridian	Point window of the sky.	Clears wind, heat and cold, opens the sensory orifices, Facilitates Qi flow in the muscles, regulates descent of yang Qi from the head.	Occipital headache, neck pain and stiffness and lower back pain, dizziness, convulsions in children, epilepsy, eye diseases, lacrimation, laryngitis, nasal obstruction, head heavy, throat swollen, torticollis, limbs weak and not coordinated, neurasthenia.	B-10/ Du-13/ B-11/ L-6/ Si-3 = headache.	
B-11 Dazhu Great Shuttle  The meridian	Sea of blood, Associated point of bones (skeleton), Meeting point of Bladder and Small intestine.	Regulates lung Qi, dispels wind and heat, facilitates Qi and blood flow in the joints and bones.	Arthritis, wandering bi, muscular rheumatism, pain, numbness and spasm, fever without perspiration, common cold, flu, tidal fever, dizziness, dyspnea, cough, neck and spinal stiffness and pain, joints deformity.	G-20/ B-11/ B-12/ B-13 = common cold, B-11/ St-2/ K-1 = Headache and aural vertigo.	
B-12 Fengmen Wind Gate  The meridian	Meeting point of Bladder and Du mai	Regulates the lungs, expels wind, cold, heat and phlegm.	Common cold, flu, bronchitis, asthma, cough, pneumonia, fever, rhinitis, all wind afflictions, whooping cough, urticaria and other Wind induced skin diseases, neck spasm, sneezing, acne, back abscess, fever, profilactic for influenza.	B-12/ Du-12/ St-36/ Ren-4 = strengthen Wei Qi for wind diseases, B-12/ B-13/ L-6 = pleurisy.	
B-13 Feishu Lung's Shu  The meridian	Shu point of lungs.	Regulates and tonifies lung Qi, dispels wind and phlegm of all kinds, redirects rebellious Qi downward.	All lung diseases shih and xu, common cold, flu, bronchitis, asthma, cough, pneumonia, fever, rhinitis, all wind afflictions, whooping cough, urticaria and other skin diseases, sneezing, acne, back abscess, fever, dyspnea, night sweats, steaming bone (lung yin xu), lung abscess, pulmonary TB, pleurisy, hemoptysis, neck and back pain, chest fullness, throat obstruction, boredom.	L-1/ B-13 - Shu Mu combination, Li-4/ L-7/ B-13/ L-1/ Ren-22/ Ren-17/ St-40/ Sp-9 = for asthma, L-9/ B-13/ St-36/ Ren-4 = tonify lungs and immune system.	
B-14 Jueyinshu Jueyin Shu  The meridian	Associated point of Pericardium.	Regulates and tonifies heart, spreads liver Qi.	Arrhythmia, tachycardia, rheumatic heart disease, pericarditis, angina pectoris, neurasthenia, chest pain, anxiety and palpitations, dyspnea, melancholia, hiccups, vomiting, heat stroke, mountain sickness.	B-14/ Ren-17 = shu - mu for heart and pericardium diseases, especially sedation.	Mountain sickness
B-15 Xinsu Heart Shu  The meridian	Shu point of the heart.	Regulates and tonifies the heart, clears heart fire, cools the blood, calms the spirit.	All heart syndromes and diseases, nourishes heart Qi, yin, yang and blood, disperses heart blood stagnation, arrhythmia, tachycardia, atrial fibrillation, angina pectoris, rheumatic heart disease, palpitation and anxiety, neurasthenia, insomnia, fear, tidal fever, poor memory,	B-15/ Ren-14 = shu mu technique for heart diseases	

			excessive dreaming, night perspiration, chest pain, mania, hallucination, depression.		
B-16 Dushu Dumai Shu  The meridian	Shu point of Du mai.	Regulates blood and Qi in the diaphragm, regulates Du mai, cools the blood.	Pericarditis, endocarditis, hiccup, fever with shivering, chest pain, diaphragmatic spasm, abdominal distention, psoriasis, boils and abscess.	Li-4/ Li-11/ Du-16/ Du-14/ G-20/ Sp-10/ B-40 = psoriasis.	
B-17 Geshu Diaphragm Shu  The meridian	Associated point of the blood, Associated point of the diaphragm.	Invigorates blood circulation, regulates blood and Qi in the diaphragm, cools the blood and enriches yin, contains the blood.	All blood disorders, anemia, hemorrhage, hemoptysis, epistaxis, amenorrhea, all skin diseases due to heat or heat toxin in the blood, or blood xu, bleeding urine, night perspiration, lassitude, spasm of the diaphragm, vomiting, hiccup, stomach cancer or pain, abdominal or uterus palpable masses, depression, fear.	B-17/ B-19 = the "four flowers" for wasting away syndrome, B-17/ Du-14/ B-21/ Sp-10/ St-36 = anemia.	
B-18 Ganshu Liver Shu  The meridian	Shu point of the liver.	Regulates and tonifies the liver Qi and blood, transforms damp heat, subdues liver yang.	Jaundice, hepatitis, cholecystitis, intercostal neuralgia, hypochondriac pain and distention, hematemesis, epistaxis, depression, irritability, psychopathy, epilepsy, schizophrenia, dream disturbed sleep, dizziness and vertigo, chronic fatigue, muscular spasm, wei syndrome, eye disorders, night and color blindness, optic nerve atrophy, headache, insomnia, neurasthenia, premenstrual syndrome, amenorrhea, gastritis, abdominal pain, abdominal masses, cirrhosis.	B-18/ B-23 = strengthen the liver and kidney in consumptive diseases, B-18/ B-23/ G-39 = acute leukemia, B-18/ B-20/ Liv-14/ B-16/ Sp-10/ Sp-6/ G-34 = liver cirrhosis	↑ BACK TO TOP ↑
B-19 Danshu Gallbladder Shu  The meridian	Shu point of Gall bladder.	Regulates liver and gall bladder, transforms damp heat, clears liver fire and subdues yang, regulates the stomach Qi and diaphragm.	Diseases of the liver and gall bladder. Jaundice, hepatitis, pulmonary TB, pancreatitis, cholecystitis, insomnia, alternate heat and chills, headache, migraine, bitter taste in the mouth, chest, costal and hypochondriac pain, hypertension, cholelithiasis, eye disorders, roundworms in the bile duct and intestines, scrofula, axillary lymphadenitis.	B-17/ B-19 = the "four flowers" for wasting away syndrome, B-19/ Liv-13 = flank pain hindering sleep, B-19/ Du-9/ St-36/ Liv-3 = infectious hepatitis.	
B-20 Pishu Spleen Shu  The meridian	Shu point of the spleen.	Regulates and tonifies the spleen, stomach and middle jiao, nourishes blood and tonifies ying and Qi, transforms dampness and phlegm.	All digestive diseases, diarrhea, constipation, organ prolapse, chronic hemorrhages, anemia, weakness and lassitude, diabetes, wei syndrome, yin type jaundice, neurasthenia, gastritis, enteritis, edema, ascites, pancreatitis, stomach and epigastric pain, anxiety and palpitations, dizziness and vertigo, stools with undigested particles, abnormal uterine bleeding, bloody stool with diarrhea, hepato and splenomegaly, lymphadenitis, leucorrhea, insufficient lactation, anorexia.	B-20/ Liv-13 = All spleen and Tzang diseases (shu mu technique), B-20/ Du-14/ St-36/ Sp-6 = leukopenia.	
B-21 Weishu	Shu point of the stomach.	Regulates stomach and the middle jiao, clears stomach fire, transforms damp.	All stomach diseases, diarrhea, constipation, weakness and lassitude, diabetes, wei syndrome, neurasthenia, gastritis, enteritis, edema,	B-21/ Ren-12 = all gastric diseases (shu mu technique).	








Stomach Shu  The meridian			ascites, pancreatitis, stomach and epigastric pain, dizziness and vertigo, stools with undigested particles, bloody stools with diarrhea, anorexia, belching, heartburn, vomiting, borborygmus, gas and flatulence, abdominal pain and distention.		
B-22 Sanjiaoshu Sanjiao Shu  The meridian	Shu point of the triple burner.	Regulates water pathways and resolves dampness, regulates the sanjiao, tonifies the kidneys.	Nephritis, ascites, edema, urinary retention, enuresis, kidney stones, painful urinary dysfunction, anxiety and palpitations, dizziness, indigestion, borborygmus, abdominal distention, diarrhea, stiff and painful back muscles.	B-22/ Ren-7/ Ren-12/ Ren-17 = regulates Triple burner activities in all burners, B-22/ Ren-9/ Sp-9 = edema and ascites, B-22/ B-24/ B-25/ St-36 = nephritis.	
B-23 Shenshu Kidney Shu  The meridian	Shu point of the kidneys.	Tonifies and regulates the kidney, and yuan Qi, regulates the water pathways and lower jiao, stabilizes kidney Qi and reinforces the spirit and brain.	Kidney, bladder and urinary diseases, sexual problems, impotence, spermatorrhea, leucorrhea, irregular menstruation, infertility, premenstrual syndrome, amenorrhea, dysmenorrhea, genital pain, nephritis, cystitis, ascites, edema, kidney stones, lower back pain and muscular strain, knee pain, anemia, alopecia hair loss, wei syndrome, weakness and lassitude, asthma, diarrhea, indigestion, deafness, tinnitus, blurred vision, optic nerve atrophy, forgetfulness, anxiety and palpitations, fear.	B-23/ G-25 = all kidney syndromes (shu mu technique), B-23/ B-25/ B-40 = lower back pain, Sp-6/ B-23/ Ren-4/ Ren-6 = general weakness and debility, K-3/ B-23/ Sp-6/ Ren-4/ St-29 = infertility, B-23/ Ren-3/ Sp-6/ K-7/ B-58/ Zigong = nephritis, B-23/ Ren-4/ St-36 = diabetes.	
B-24 Oihashu See of Blood Shu  The meridian		Regulates Qi and blood and astringes bleeding, strengthens lower back and knees.	Lower back pain and stiffness, knee pain, hemorrhage, irregular menstruation, uterine bleeding, lower extremity weak or painful.	Ren-8 (moxa)/ B-24/ St-36 = chronic diarrhea, B-24/ Sp-6 = functional uterine bleeding.	
B-25 Dachangshu Colon Shu  The meridian	Shu point of colon.	Regulates the stomach and intestines, resolves dampness, damp heat, strengthens lower back.	All intestinal disorders, acute and chronic diseases of the colon, dysentery, diarrhea, appendicitis, enteritis, colitis, abdominal pain and distention, borborygmus, ulcerative colitis, dizziness, lower back pain and numbness, flatulence, difficult defecation or urination, rectal prolapse, hemorrhoids.	B-25/ B-32 = bowel and urinary incontinence, B-25/ B-30/ Du-4/ St-38 through to B-57/ G-34/ Sp-9 = muscular dystrophy.	
B-26 Guanyuanshu Gate of Origin Shu  The meridian	Source energy gate - Shu point.	Regulates the lower jiao and intestines, resolves dampness, damp heat, strengthens lower back.	Lumbago, sciatica, lower back pain and stiffness, painful urinary dysfunction, peritonitis, enteritis, abdominal pain and distention, cystitis, urinary incontinence, constipation, diarrhea, hemorrhoids, weakness after influenza.		
B-27 Xiaochangyu Small Intestine Shu  The meridian	Shu point of the Small intestine.	Regulates the intestines, resolves dampness, regulates the water pathways.	Dysentery with pus and blood, enteritis, peritonitis, colitis, lower abdominal pain and distention, leucorrhea, hemorrhoids, swollen feet, urethritis, constipation, lower back pain and sciatica, dysuria, bloody urine, urinary incontinence, urine with spermatorrhea.	B-27/ Ren-4 = small intestine disorders and fluids absorption (shu mu technique).	
B-28 Panguangshu Bladder Shu	Shu point of the bladder.	Regulates the bladder and water pathways, disperses heat and	Urogenital diseases in general, urinary retention or incontinence, painful urinary dysfunction, prostatitis,	B-28/ Ren-3 = urinary diseases (shu mu technique), B-28/ B-23/ Du-2/ Sp-6 = prostatitis.	

☯ The meridian		damp heat, expels stones.	bloody urine, spermatorrhea, genital pain, lower abdominal pain, constipation, diarrhea, lower and sacral back pain and sciatica, urinary stones.		
B-29 Zhonglushu Mid-spine Shu ☯ The meridian	Shu point of the sacrum.	Dispels wind and cold.	Sacral and lower back pain, stiffness, sciatica, pain from the neck to the sacrum along both sides of the Du mai, hernia, no perspiration, dysentery.		
B-30 Baihuanshu White Ring Shu ☯ The meridian	Shu point of the anal sphincter.	Regulates Qi in the anus, dispels damp heat.	Various problems of the anal region, cramps, pain, coccygeal pain, bleeding hemorrhoids, difficult defecation, leucorrhea, spermatorrhea, uterovaginal pain and inflammation, urinary incontinence, dysuria.	B-30/ Du-1/ B-57 = painful and bleeding hemorrhoids, or prolapsed anus, B-30/ B-(40)54 = low back pain extending to the waist, B-30/ Zigong/ Sp-10/ Sp-6 = chronic peritonitis.	
B-31~ B-34 Baliao Eight Foramina ☯ The meridian		Regulate the lower jiao, transform damp heat.	Urogenital diseases, dysuria, retention of urine, irregular menstruation, leucorrhea, dysmenorrhea, ovarian cyst or inflammation, spermatorrhea, orchitis, eczema of the perineum, peritonitis, diarrhea, constipation, lower back pain, stiffness and sciatica, foot numbness, anal fissure, uterovaginal prolapse, bleeding hemorrhoids.	B-31 - 34/ Sp-6/ Ren-4 to Ren-3 = dysmenorrhea.	
B-35 (49) Huiyang Yang Meeting ☯ The meridian		Clears heat and damp heat.	Hemorrhoids, pain and spasm of the anal region, coccygeal pain, back pain during menstruation, leucorrhea, impotence, genital perspiration, perineal eczema, genital diseases, diarrhea, leucorrhea.	Cold abdomen: BL-35/ SP-7 .	↑ BACK TO TOP ↑
B-36 (50) Chengfu Support ☯ The meridian		Regulates Qi in the anal and genital regions.	Prostatitis, pain and inflammation of the anal, genital or coccygeal regions, lower back pain and sciatica, hemorrhoids, pain in the penis, gynecological diseases, spermatorrhea.	B-36/ K-10/ Sp-9/ St-29/ Ren-3 = prostatitis, B-23/ B-36/ B-40 weizhong = lower back pain and sciatica.	
B-37 (51) Yinmen Abundance Gate ☯ The meridian		Regulates the muscles and sinews.	Lower back pain and sciatica, inability to bend the back or lie prone, herniated disc in the lumbar region, pain and stiffness in the hip and thigh.	B-23/ B-36/ B-37/ B-40 = lower back pain and sciatica.	
B-39 (53) weiyang Outside the Crook ☯ The meridian	Lower meeting point of Sanjiao.	regulates the lower jiao and the water pathways, clears damp heat.	Urinary diseases, retention, cystitis, nephritis, enuresis, painful urinary dysfunction, lower back pain radiating to the abdomen, dysuria, abdominal distention, unable to bend, lymphadenitis of axilla, chest fullness, muscular spasm.	M-BW-35 (of B-21/B-22/B-23)/ B-46/ B-47/ B-39 = Urinary calculi and stones.	
B-40 (54) Weizhong Middle of Crook ☯ The meridian	Earth point, Lower meeting point of Bladder.	Regulates and relaxes tendons and muscles, cools the blood, cools summerheat, transforms damp heat.	Lower back pain, stiffness and sciatica, lumbar sprain, herniated disc, heat or sunstroke, skin diseases, eczema, psoriasis, furuncle, boils and carbuncles, herpes zoster, erysipelas, fever, spontaneous perspiration, acute abdominal pain, cystitis, dysuria, incontinence, diarrhea, convulsions, muscular spasm, knee pain and	L-5/ B-40 for erysipelas, Li-11/ Sp-10/ B-40 = skin diseases, Li-4/ Li-11/ Du-16/ Du-14/ G-20/ Sp-10/ B-40 = psoriasis, B-23/ B-25/ B-40 = lower back pain, B-23/ B-36/ B-37/ B-40 = lower back pain and sciatica, B-40/ Shixuan/ Du-26 = heat exhaustion, B-40/ Du-28/ Ahshi on the back = acute lumbar sprain.	








			stiffness, epistaxis, bleeding hemorrhoids, alopecia and loss of eyebrows hair.		
B-42 (37) Pohan Animal-Soul Door  The meridian	Shu point for the Po (animal soul).	Regulates lung Qi.	Pulmonary TB, bronchitis, asthma, pleurisy, shoulder, neck and back pain, cough with profuse sputum, weakness, absent mindedness, poor concentration, sadness and grief.		Located 1.5 Cun lateral to B-13.
B-43 (38) Gaohuangshu Vitality Shu  The meridian		Regulates lung Qi, tonifies weakness of the whole body.	All chronic diseases, pulmonary Tb, asthma, pleurisy, bronchitis, hemoptysis, chronic cough, dizziness, hiccups, chronic consumptive disorders, general weakness and lassitude, nocturnal emission, impotence, night perspiration, mania, depression, insomnia, anxiety and palpitations, forgetfulness, chest pain, shoulder and upper back pain.	Poor memory: Gaohuangshu BL-43/ DU-11/ KID-21/ LU-7.	Located 1.5 Cun lateral to B-14.
B-44 (39) Shentang Spirit Hall  The meridian	Shu point of the Shen spirit.	Regulates the heart and the chest, calms the spirit.	Anxiety and palpitation, mania, hysteria, depression, disorientation, cardiac diseases in general, asthma, dyspnea, chest pain, shivering.	Oesophageal constriction: Shentang BL-44/ LIV-4.	Located 1.5 Cun lateral to B-15.
B-45 (40) Yixi Yi Xi  The meridian		Regulates Qi and blood in the chest, cools the heart.	Intercostal neuralgia, fever without perspiration, dyspnea, epistaxis, pericarditis, anorexia, fainting, dizziness.		Located 1.5 Cun lateral to B-16.
B-46 (41) Geguan Diaphragm Gate  The meridian		Regulates the stomach.	Enterocolitis, vomiting, belching, gastric bleeding, hypersalivation, nausea, chest full, fear of cold, esophageal constriction.	Aversion to cold in the back and stiffness of the spine with difficulty in bending: BL-46/ BL-54 / BL-64.	Located 1.5 Cun lateral to B-17.
B-47 (42) Hunmen Spiritual Soul Gate  The meridian	Shu point of the Hun spirit (spiritual soul).	Regulates and spreads liver Qi, redirects rebellious Qi of the stomach.	Mid back pain and stiffness, jaundice, hypertension, chest full and distended, neurasthenia, pleurisy, vomiting, dizziness, constriction of the esophagus, borborygmus, gastrodynia, , depression, melancholia, separation of the soul: sleep walking, visual and olfactory hallucinations.	B-47/ B-28/ K-3 = nephroptosis.	Located 1.5 Cun lateral to B-18.
B-49 (44) Yishe Intelligence Abode  The meridian	Shu point of the Yi spirit (intelligence).	Regulates and tonifies the spleen, transforms dampness, redirects rebellious Qi.	Abdominal distention and flatulence, nausea, belching, borborygmus, anorexia, diarrhea, lassitude, rheumatism, severe vomiting, jaundice, great thirst, slow thinking, suspicious, slow reaction, hesitation.		Located 1.5 Cun lateral to B-20.
B-52 (47) Zhishi Will's Chamber  The meridian	Shu point of the Zhi spirit (willpower).	Tonifies the kidneys, the essence and source Yuan Qi, regulates the water pathways and resolves dampness.	All genito urinary diseases, dysuria, spermatorrhea, urethral pain, painful urinary dysfunction, infertility, impotence, prostatitis, nephritis, anemia, edema, nocturnal emission, cystitis, incontinence, lower back pain, hypochondriac pain, nausea, vomiting, swelling of the genitalia, fear, poor memory, anxiety, poor concentration, renal colic.	M-BW -35 (of B-21/B-22/B-23)/ B-46/ B-47/ B-53 = Urinary calculi and stones.	Located 1.5 Cun lateral to B-23.









B-54 (49) Zhibian Order's Limit  The meridian		Invigorates Qi in the jingluo of the lower back, resolves damp heat.	Gluteal, sacral and lower back pain, pain in the buttocks and sciatica, difficult defecation or urination, hemorrhoids, nocturnal emission, impotence, irregular menstruation, prostatitis.	B-23/ B-27/ B-54/ B-36/ B-40 = lower back pain extending to the buttocks.	Located 1.5 Cun lateral to B-30, and 3 Cun lateral to Du-2.
B-56 Chengjin Support Sinews  The meridian		Regulates Qi of the calf muscles, heel and perineum.	Contraction and pain of the lumbar spine, painful bi of the lower leg, shivering with inability to stand for long, heat sensation in the soles, pain and contraction of the foot		Located on the centre of the of the gastrocnemius muscle and midway between Heyang BL-55 and Chengshan BL-57.
B-57 Chengshan Supporting Mountain  The meridian		Relaxes the tendons and invigorates Qi in the jingluo, regulates the colon, dispels damp heat, stops bleeding.	Bleeding and/or painful hemorrhoids, anal prolapse, diarrhea, constipation, gastrocnemius muscle pain and spasm, sciatica, hernia, urethritis, abdominal pain, tremors, convulsions, lockjaw.	B-30/ Du-1/ B-57 = painful and bleeding hemorrhoids, B-57/ K-7/ Liv-3/ Sp-3 = hemorrhoids.	
B-58 Feiyang Flying Yang  The meridian	Luo point	Invigorates Qi in the jing luo, redirects rebellious Yang Qi.	Excess syndromes of Yang Qi in the head and upper body, wind bi of the joints, headache, dizziness, blurred vision, nasal obstruction and rhinitis, lower back pain and sciatica, epistaxis, epilepsy, legs weakness, cystitis, irritable bladder, nocturia.	K-3/ B-58 = adjust kidney and bladder functioning, tonifies kidney Yin and checks floating Yang, B-58/ Ren-3/ B-28/ Sp-9 = cystitis, B-58/ Si-5 = dizziness and eye pain.	
B-59 Fuyang Instep Yang  The meridian	Xi cleft point of the Yang qiao mai extra meridian.	Relaxes the tendons and regulates the jing luo.	Hip, thigh and lower back pain with sciatica, lower leg cramps, leg Qi, ankle joint inflammation, pain in thigh and hip, seizures, headache, hemorrhoids.	Head heavy: BL-59/ BL-7/ DU-15.	
B-60 Kunlun Kunlun Mountains  The meridian	Fire point	Relaxes the tendons and facilitates Qi flow in the jingluo, dispels wind and cold.	Pain and stiffness in the neck, upper and lower back and leg, occipital headache, dizziness, epilepsy, convulsions, promotes delivery, retained placenta, tidal fever, ankle and heel pain and numbness, difficult labor, glandular diseases, hemorrhoids.	B-60/ B-61 = laryngeal tuberculosis.	
B-61 Pucan Servant's Respect  The meridian	Point of Yang qiao mai	Invigorates Qi in the jing luo and tendons, Dispels wind	Lower back pain, lumbago, knee pain and inflammation, legs weakness, gastrocnemius cramps, madness, convulsions, faints easily, seizures, convulsions		
B-62 Shenmai Extending Vessel  The meridian	Master point of Yang qiao mai, Coupled point of Yin Qiao mai, point of Yang qiao mai, one of the 13 Ghost Points for madness.	Relaxes the tendons and muscles, invigorates the jing luo, regulates the Yang qiao mai, clears wind, heat and fire, calms the spirit.	Day time epilepsy, lateral and frontal headache, meningitis, dizziness, insomnia, psychosis, palpitations, hemiplegia, glaucoma, wind bi rheumatism, fatigue, neck stiffness, red and painful eyes, nasal congestion, tinnitus, depression, disorientation, spinal cord diseases, sciatica, lumbago, skin electrified, spasms in the uterus.	Si-3/ B-62 = opens the Yang qiao mai for spinal diseases, B-62/ Sj-17/ Anmian/ Liv-3 = menier disease, B-62/ B-63 = severe headache, B-62/ Si-3/ Si-2 = epilepsy.	
B-63 Jinmen Golden Gate  The meridian	Cleft xi point of Yang wei mai.	Dispels wind and heat.	Headache, convulsions in children, tinnitus, shaking head with open mouth in children, lower back pain, lower extremity pain and swelling, knee pain, lower abdominal pain.	B-62/ B-63/ Li-10 = aural vertigo, headache and stiffness of the nape of neck.	Shaking head with open mouth in children.
B-64 Jinggu Capital Bone  The	Source yuan point.	Dispels wind, calms the spirit.	Dizziness, head heaviness, corneal opacity, neck stiffness, torticollis, epilepsy, madness, cerebral congestion, cardiac	B-64/ P-6/ H-5/ H-8 = myocarditis.	

meridian			arrhythmia, palpitations, cold legs, dyspnea, tidal fever.		
B-65 Shugu Restraining Bone ☯ The meridian	Wood point, Sedation point, Stream shu point.	Calms the spirit, dispels wind and heat.	Hemorrhoids, abscess, lumbago, sciatica, stiff neck, dislikes wind and cold, headache, vertigo, blurred vision, lacrimation, insanity, convulsions, hysteria, unable to ejaculate.		Unable to ejaculate.
B-66 Zutong gu Foot Connecting Valley ☯ The meridian	Water point, Rong spring point.	Calms the spirit, dispels wind and heat.	Headache, vertigo, insanity, fear, stiff neck, epistaxis, rhinitis, gastritis, chest fullness.		
B-67 Zhiyin Reaching Yin ☯ The meridian	Metal point, Tonification point, Exit point, Jing well point.	Clears the nose and eyes, calms the spirit, expedites delivery	Fetal malposition, difficult labor, retained placenta, nasal obstruction, rhinitis, epistaxis, allergic itching and pain of medial eye canthus, fever without perspiration, melancholia, allergic itching in the whole body, chest and flanks pain, hot soles, difficult urination.	B-67/ G-20/ TaiYang = occipital headache.	
K-1 Yongquan Gushing Spring ☯ The meridian	Wood point, Entry point, Sedation point, Well jing point.	Tonifies kidney essence, Qi and Yin, calms the spirit, restores collapsed Yang and consciousness, clears heat and fire.	Insomnia, hypertension, convulsions, high fever, heat exhaustion, windstroke, shock, seizures, hysteria with fainting, CVA, asphyxia (drowning), excessive sleepiness, dizziness, blurred vision, sore and swollen throat, dry mouth and tongue, aphonia, infertility, heat in the soles, edema, anorexia, borborygmus, kidney pain, scrotal inflammation, very red face, pain in the toes, vertical headache.	Sp-4/ K-1/ K-2/ St-36/ St-34 = for leprosy, Si-4/ B-62/ Sj-5/ K-1 = cold jaundice, P-6/ K-1/ St-36 = septic shock, Liv-2/ K-1 = thirst and emaciation, Ren-4/ K-1 = acute pain with urinary retention, Du-25/ P-6/ K-1 = for electric shock.	For emotional shock and paralysis: very deep insertion in K-1. ↑ BACK TO TOP ↑
K-2 Rangu Blazing Valley ☯ The meridian	Spring rong point, Fire point, Sedation point (secondary).	Clears fire and heat and cools the blood, tonifies and regulates the kidney.	Painful urinary dysfunction, cystitis, infertility, irregular menstruation, inflammation of pelvis, uterine prolapse, impotence, spermatorrhea, scrotal or genital eczema or herpes, spontaneous perspiration, night perspiration, dysentery, tidal fever, jaundice, interior throat swollen or numb, stomach pain, damp cold feet, excessive erection in children.	K-2/ K-7 = drooling, L-5/ K-2/ K-3/ Ren-4/ Ren-6/ Ren-23 = diabetes, Sp-4/ K-1/ K-2/ St-36/ St-34 = for leprosy.	
K-3 Taixi Supreme Stream ☯ The meridian	Source yuan point, Earth point, Stream shu point.	Tonifies, regulates and stabilizes kidney Qi, tonifies Yin and regulates the water pathways, clears deficiency fire.	Dizziness, tinnitus, weakness and lassitude, insomnia, somnolence, neurasthenia, impotence, spermatorrhea, asthma, chronic cough, sore throat, tonsillitis, fever without perspiration, chronic toothache, hypertension, restless fetus, diabetes, pulmonary TB, menopausal syndrome, nephritis, renal pain or colic, irregular menstruation, impotence, nocturnal emission, urinary incontinence or retention, heart pain, heel swollen and painful, cold feet, diaphragmatic spasm, anorexia.	K-3/ B-23/ Sp-6/ Ren-4/ St-29 = infertility, K-3/ B-58 = adjust kidney and bladder functioning, tonifies kidney Yin and checks, floating Yang, K-3/ Anmian/ liv-3 = aural vertigo, K-3/ Si-1 = parched throat.	
	Luo point	Tonifies the kidney and clears deficiency heat, calms the spirit.	Asthma, chronic fatigue, chest fullness, dyspnea, hemoptysis, throat blocked, esophageal constriction, dry mouth,	H-5/ K-4 = neurasthenia, anxiety, stage fright.	inferiority complex, agoraphobia, stage fright.

K-4 Dazhong Great Bell  The meridian			abdominal distention, lower back pain and stiffness, ankle pain and foot numbness or hot, constipation, difficult defecation, uterine spasm, children nocturnal enuresis, mouth and tongue dry, mental stupidity, mania, depression, disorientation, somnolence, inferiority complex, agoraphobia, fear, stage fright, unhappiness, unsocializing.		
K-5 Shuiquan Water Spring  The meridian	Cleft xi point	Tonifies the kidney and regulates the bladder.	Diabetes with frequent urination, dysuria, irregular menstruation, premenstrual syndrome (PMS), abdominal pain, prolapse of uterus, dysmenorrhea, menorrhagia, periumbilical pain, ankle pain and swelling, colic pain in kidney, blurred vision, myopia.		
K-6 Zhaohai Shining Sea  The meridian	Master point of Yin qiao mai, Coupled point of Ren mai, point of Yin qiao mai.	Tonifies kidney Yin and regulates the kidney, clears deficiency fire and heat, transforms dampness, calms the spirit.	Hemia, menopausal syndrome, uterine prolapse, irregular menstruation, dysmenorrhea, leucorrhea, amenorrhea, frequent urination, difficult labor, pruritis vulva, involuntary erections, neurasthenia, fear, insomnia, somnolence, night epilepsy, madness, sadness, stage fright, constipation, edema, lower abdomen painful, headaches, asthma, dry throat, tonsillitis, pharyngitis, cough.	L-7/ K-6 = restores harmony between lungs and kidney and opens the Ren mai, K-6/ B-1 = insomnia, K-6/ Ren-14/ P-6/ St-40 = seizures, K-6/ Sj-5 = retained placenta.	
K-7 Fuli Returning Current  The meridian	Metal point, Jing river point, Tonification point.	Tonifies and regulates the kidneys, bladder and water pathways, tonifies Yin Qi and Wei Qi, regulates perspiration, resolves damp heat.	Edema, urinary dysfunction, cystitis, diabetes with frequency, malaria, hyperthyroidism, excessive, spontaneous or night perspiration, sensation of heat and cold alternately in the bones, abdominal distention, borborygmus, diarrhea, flatulence, urinary incontinence or retention, urethritis, irregular menstruation, leucorrhea, colicky pain in kidneys, fatigue, prone to anger, ceaseless talking, feet cold, feet paralyzed, myelitis, pain in loins and back.	Li-4/ K-7 = induce or arrest perspiration, H-6/ K-7 = night perspiration, K-7/ Ren-9/ K-9/ St-36/ B-18 = liver cirrhosis, K-7/ Liv-3/ B-35 = bloody stools.	Stage fright.
K-8 Jiaoxin Junction of Belief  The meridian	Xi cleft point of Yin qiao mai, point of Yin qiao mai.	Tonifies and regulates the kidney, regulates the lower jiao and transforms damp heat, clears heat and cools the blood.	Irregular menstruation, menorrhagia, amenorrhea, leucorrhea, uterine prolapse, uterine hemorrhage, dysmenorrhea, orchitis, urinary retention, abdominal pain and distention, night perspiration, lower back pain, kidney pain, dysentery, constipation.	Profuse uterine bleeding: KID-8/ KID-10/ LIV-3/ SP-6.	
K-9 Zhubin Building for the Guest  The meridian	Xi cleft point of Yin wei mai, point of Yin wei mai.	Tonifies the kidney, regulates the Yin wei mai, calms the spirit.	Legs and feet weak and painful, pregnancy toxemia, pelvic inflammation, nephritis, orchitis, cystitis, umbilical hernia in children, depression, madness.	K-9/ B-23/ K-7/ Sp-6 = nephritis, K-9/ H-3 = foamy vomiting, K-7/ Ren-9/ K-9/ St-36/ B-18 = liver cirrhosis.	Tonifying K-9 at the 3rd and 6th month of pregnancy enhances embryo's health and resistance to disease. [S.de Morant].
K-10 Yingu Yin Valley  The meridian	Water point	Tonifies kidney Yin and clears heat, cools the blood.	Painful knees and thighs, abdominal pain and distention, pain in genitalia, hernia, scrotal eczema, damp and itching perineal area, frequent and painful urination, cystitis, hypersalivation, hematuria,	Involuntary erection with difficult urination: KID-10/ LIV-1/ LIV-14/ BL-40/ BL-39, Loss of voice: KID-10/ KID-2/ REN-22/ HE-4/ KID-7/ ST-40, Hip pain: KID-10/ GB-30/ BL-65/ KID-8/ SP-6,	↑ BACK TO TOP ↑

meridian			impotence, pruritis vulva, leucorrhea, diarrhea, uterine bleeding.		
K-11 Heng gu Pubic Bone ☯ The meridian	Point of Chong mai		Lower abdominal pain, dysuria, urethritis, spermatorrhea, vaginal prolapse, insufficient spermatozoa, can not stand for a long time.		Level with Ren-2.
K-13 Qixue Qi Cave ☯ The meridian	Point of Chong mai	Tonifies fertility, regulates the lower jiao.	Infertility in women, irregular menstruation, spermatorrhea, impotence, penile pain, bladder paralysis.		Level with Ren-4
K-15 Zhongzhu Middle Flow ☯ The meridian	Point of Chong mai	Clears dampness and heat.	Heat in the epigastrium, constipation, colitis, urinary incontinence, irregular menstruation, lassitude, arthritis bi in the fingers' joints.		Arthritis bi in the fingers' joints.
K-16 Huangyu Vital Shu ☯ The meridian	Point of Chong mai	Regulates the intestines and lower jiao.	Abdominal pain and distention, constipation, diarrhea, borborygmus, jaundice, urethritis, vaginismus.	Painful urinary dysfunction: KID-16/ KID-11. Ren-7/ Ren-9/ K-16 = hayfever and deficiency of Wei Qi.	Level with Ren-8.
K-17 Shangqu Metal Bend ☯ The meridian	Point of Chong mai	Regulates stomach and intestines.	Abdominal pain and distention, constipation, diarrhea, anorexia, jaundice, hyperacidity, congested eyes, bad tempered, sad, impatient.		Level with Ren-10
K-21 Youmen Hidden Gate ☯ The meridian	Point of Chong mai	Regulates the lungs and chest, regulates the breasts and stomach, stops bleeding.	Whole chest painful, intercostal neuralgia, region below heart congested, agalactia, breast abscess, epigastrium distended, bloody diarrhea, vomits mucus, gastric and duodenal ulcer, morning sickness, bronchitis, piglet Qi, amnesia.		Level with Ren-14
K-22 Bulang Walking Corridor ☯ The meridian	Point of exit.	Regulates the lungs and chest.	Chest congestion, cough, dyspnea, asthma, nose blocked with anosmia, anorexia, esophageal constriction, lassitude, breast inflammation.		Level with Ren-16
K-25 Shenze Spirit Storehouse ☯ The meridian		Regulates the lungs and chest, calms the spirit.	Cough with dyspnea, chest full, pulmonary congestion, bronchitis, vomiting, anorexia, stomach distended at midnight, excess worrying causes insomnia, depression, poor hearing.		Level with Ren-19
K-26 Yuzhong Comfortable Chest ☯ The meridian		Regulates chest and lungs, dispels Heat and fire.	Cough, asthma, intercostal neuralgia, chest full, bronchitis, night perspiration, breast abscess, palpitations, cold hands and feet, gets angry very easily, bad tempered, excessive salivation, weakness of the vocal cords, itching ears.		
K-27 Shufu Conveying Palace ☯ The meridian		Regulates the lungs, redirects rebellious Qi, tonifies the kidneys.	Asthma, bronchitis, chest painful and congested, cough, dyspnea, headache due to mental strain, always cold, mental fatigue and disorientation, anxiety and palpitations, nausea, vomiting, anorexia, irritability, esophageal spasm.	Rebellious qi with dyspnea: KID-27/ KID-25/ LU-3.	
	Point of entry,	Regulates the	Fever without perspiration,		Ankle injury.

P-1 Tianchi Heavenly Pool  The meridian	point Window of the sky, Meeting point of the Sanjiao, Gallbladder, Liver and Pericardium.	lungs and chest, clears heat, expedites lactation, descends excess blood from the head.	headache, stiffling sensation in the chest, cough with phlegm, dyspnea, axillary adenitis, insufficient lactation, mammary pain, foggy vision, weak extremities, neck luoli, hypochondriac pain, mastitis, ankle injury.		↑ BACK TO TOP ↑
P-2 Tianquan Heavenly Spring  The meridian		Regulates the heart and chest, invigorates the blood.	Chest full, painful and distended, pain radiating from chest to back, palpitations related to fear, cough, bronchitis, anorexia, fear of wind and cold.		2 Cun below the anterior end of the axillary crease.
P-3 Quze Curved Marsh  The meridian	Water point	Regulates the heart and chest, regulates the stomach and intestines, cools the blood and clears heat.	Stiffling sensation in the chest, palpitations, irritability, myocarditis, cough, dyspnea, hand tremors, Parkinson disease, perspiration of head and neck, heatstroke, gastroenteritis, vomiting, stomachache, diarrhea with blood, erysipelas, urticaria, measles, sterility, chorea.	P-3/ P-6/ P-7 = chest pain.	
P-4 Ximen Crevice Gate  The meridian	Xi cleft point	Regulates Qi and blood in the heart, calms the spirit, cools the blood and clears heat.	Rheumatic heart disease, angina pectoris, chest and heart pain, myocarditis, palpitations, tachycardia, diaphragmatic spasm, depression, fear of people, nervousness, forgetfulness, insomnia, melancholy, hemoptysis, epistaxis, nausea, hemorrhoids.	B-14/ B-15/ P-4/ Sp-6 = angina pectoris, chest pain.	
P-5 Jianshi Intermediate Envoy  The meridian	Metal point, Jing river point, one of the 13 monster points for insanity	Transforms phlegm in the heart, regulates heart and stomach, clears heat, calms the spirit, brings the fullness of Yin Qi upward from the lower half of the body.	Epilepsy, insanity, hysteria, weeping and laughing, depression, hallucinations, vomits mucus, heart pain, palpitations, carditis, rheumatic heart disease, vomiting, gastritis, malaria, hyperthyroidism, tonsillitis, pharyngitis, jaundice, hemorrhoids, irregular menstruation, heat in the palms, sudden aphasia.	P-5/ Du-14/ Du-13/ G-41/ Si-3 = malaria, P-5/ P-6/ H-8/ P-4/ P-3 = rheumatic heart disease.	
P-6 Neiguan Inner Gate  The meridian	Luo point, Master point of Yin wei mai, Coupled point of Chong mai.	Redirects rebellious Qi, regulates and tonifies the heart, stomach, liver and diaphragm, qi and blood, clears fire, heat and phlegm, calms the spirit.	Cardiac and chest pain, rheumatic heart disease, hyperthyroidism, palpitations and anxiety, asthma, bronchitis, pertussis, dyspnea, nausea, morning sickness, vomiting, abdominal and gastric pain, hiccup, spasm of the diaphragm, malaria, dysentery, restless fetus, biliary diseases, jaundice, gallstones, pancreatitis, appendicitis, migraine, epigastric and hypochondriac pain and distention, irregular menstruation, fainting, coma and shock, seizures, hysteria, forgetfulness, insomnia.	P-6/ Ren-12/ St-36/ Sp-4 = nausea, vomiting, morning sickness, H-7/ P-6/ yintang/ Liv-3/ Sp-6 = anxiety and depression, P-6/ P-1/ Du-14/ Ren-17 = asthma, P-5/ P-6/ H-8/ P-4/ P-3 = rheumatic heart disease, P-6/ Du-25 = Hypotension, P-6/ K-1/ St-36 = septic shock.	
P-7 Daling Great Mound  The meridian	Source yuan point, Shu stream point, Earth point, Sedation point, one of the 13 Ghost Points for madness.	Regulates and clears fire from the heart, regulates the stomach and chest, calms the spirit, clears heat and cools the blood.	Palpitations, intercostal neuralgia, chest and hypochondriac pain, fever without perspiration, stomatitis, tongue root pain, axillary swelling, body hot, sadness, weariness, summerheat diseases, ulcerative colitis, appendicitis, gastritis, eczema, acne, conjunctivitis, mania, hysteria,	P-7/ Yuye/ St-44 = stomatitis, P-7/ P-6/ P-4/ H-8 = premature cardiac contractions, P-7/ Du-20/ YinTang/ K-3 = insomnia, P-7/ Ren-4 = bloody urine.	

			insomnia, seizures, panic, fear.		
P-8 laogong Palace of Labor  The meridian	Fire point, Spring rong point, Exit point, one of the 13 Ghost Points for madness.	Clears heart fire and heat, cools heat in the blood and transforms damp heat, clears the brain.	Febrile diseases, epistaxis, gingivitis, halitosis, stomatitis, inability to swallow, chest and hypochondriac pain and fullness, excessive perspiration of palms, fungal infections of hands and feet, headache, thirst, blood in urine or stools, hemorrhoids, indigestion, windstroke collapse, heatstroke, incoherent speech.	Li-4 joined to P-8/ Du-26 = hysteria.	
P-9 Zhongchong Middle Rushing  The meridian	Wood point, Jing well point, Tonification point.	Clears the brain and restores collapsed Yang, regulates the heart.	Febrile diseases, collapse syndrome, coma, drowning, fainting, sunstroke, needle shock, delirium, poor memory, severe fright, fever without perspiration, hot palms, cerebral congestion, hyper or hypotension, aphasia, gastric pain.	Du-4/ P-9 = splitting headache and severe heat in the body.	
Sj-1 Guanchong Rushing Pass  The meridian	Metal point, Jing well point, point of entry.	Dispels wind and heat.	Malaria, febrile diseases, fainting, heatstroke, fever without perspiration, conjunctivitis, dim vision, deafness and tinnitus, tonsillitis, dry mouth and lips, tongue curled up, headache.	Tinnitus and deafness: SJ-1/ ST-7/ LI-5/ SJ-2/ SI-5.	↑ BACK TO TOP ↑
Sj-2 Yemmen Fluid Gate  The meridian	Water point, Spring rong point.	Clears heat and wind.	Malaria, febrile diseases, vertigo, headache, conjunctivitis, deafness, tinnitus, gums pain, gingivitis, pharyngitis, cold extremities, pain on both sides of the spine, sore and dry throat, loss of voice, fingers pain and paralysis, wandering mind.	Tinnitus and deafness: SJ-2/ SJ-1/ LI-5/ ST-7/ SI-5.	
Sj-3 Zhongzhu Central Islet  The meridian	Wood point, Streamshu point, point of tonification.	Clears heat and wind, opens the sensory orifices.	Headache, tinnitus, deafness, deaf-mutism, blocked ears, otitis media and fluids in the ear, conjunctivitis, blurred vision, nasal congestion, sore throat, malaria, fever with perspiration, arm, shoulder and hand pain, vertigo and dizziness, pain in the center of back.	Sj-3/ Sj-17/ G-2 = deafness, tinnitus, otitis media, Sj-3/ Sj-2 = red and swollen hand and arm, Sj-3/ Li-1/ G-40 = chronic tidal fever.	
Sj-4 Yangchi Yang Pool  The meridian	Source yuan point	Dispels wind, fire and heat, tonifies vitality.	Wrist pain and weakness, malaria, tidal fever, tonsillitis, conjunctivitis, fatigue, dry mouth and throat, diabetes, melancholy, general weakness.		
Sj-5 Waiguan Outer Gate  The meridian	Luo point, Master point of Yang wei mai, Coupled point of Dai mai.	Regulates the San jiao and Yang wei mai, dispels external pathogens, heat and wind, regulates Qi and blood in the tendons and jing luo, strengthens Wei Qi.	Common cold and flu, febrile diseases, parotitis, pneumonia, mumps, wind bi rheumatism, Wei syndrome, hypertension, infantile paralysis, hemiplegia, alternate fever and chills, unilateral or occipital headache, neck, shoulder, arm and hand pain, stiffness and numbness, nausea, vomiting, deafness, tinnitus, abdominal cramps, urinary incontinence, chest and ribs pain, violent fear, retained placenta.	Sj-5/ G-41/ Liv-14/ G-34 = ribs pain and cholecystitis, Sj-5/ G-2 = deafness.	
Sj-6 Zhigou Branch Ditch  The meridian	Fire point, Jing river point.	Regulates the San jiao, dispels wind, heat and fire, regulates Qi flow in the three jiaos.	Menopausal syndrome, Febrile diseases, psoriasis, eczema, tidal fever, lockjaw, pleurisy, vomiting, belching, agalactia, intercostal neuralgia, constipation, diarrhea, fecal incontinence, herpes zoster, chest pain, axillary and hypochondriac pain,	Sj-6/ G-39 = wandering bi, Sj-6/ St-25/ K-6/ Sp-6 = habitual constipation, Sj-6/ Liv-13/ Sj-5 = rib pain.	










			cholecystitis, limbs swollen and puffy, bleeding and fainting after giving birth.		
<u>Sj-7 Huizong</u> Ancestral Meeting <u>☯ The meridian</u>	Xi cleft point.	Dispels wind and heat.	Painful and acute skin conditions, deafness, tinnitus, chest and abdominal pain, epilepsy, nervous trembling, dyspnea.		
<u>Sj-8 Sanyangluo</u> Three Yang Connection <u>☯ The meridian</u>	Luo point of three upperYang channels.	Clears heat and wind, opens the sensory orifices.	Wei syndrome, atrophy of upper body, deafness, sudden mutism and loss of voice, lassitude, dizziness and vertigo, splitting headache, brachial neuralgia, toothache, sleepiness.	Sj-8/ G-20 = headache, Sj-8 joined to P-4 = pain associated with pneumonectomy.	
<u>Sj-10 Tianjing</u> Heavenly Well <u>☯ The meridian</u>	Earth point, He sea point.	Dispels wind and heat, redirects rebellious Qi, regulates the chest, invigorates the blood, calms the spirit.	Tonsillitis, cervical adenitis, pain behind ear, goiter, scrofula, urticaria, deafness, tidal fever, excessive perspiration, headache, cough with purulent sputum, chest and hypochondriac pain, arm, shoulder and neck pain, no appetite, insanity, depression, hysteria, anxiety, somnolence.	Sj-10 with direct moxibustion / H-3 = scrofula.	
<u>Sj-14 Jianliao</u> Shoulder Crevice <u>☯ The meridian</u>		Dispels wind and cold, invigorates Qi and blood in the shoulder.	Shoulder pain, immobility, inflammation and atrophy, bursitis, frozen shoulder, excessive perspiration, urticaria, hypertension.	Sj-14 joined to H-1/ St-38 joined to B-57 = perifocal inflammation of the shoulder joint.	
<u>Sj-15 Tianliao</u> Heavenly Crevice <u>☯ The meridian</u>	Point of Yang wei mai.	Invigorates Qi and blood in the jingluo	Shoulder and upper back pain and stiffness, stiff neck, clavicular pain, no perspiration.		
<u>Sj-16 Tianyou</u> Window of Heaven <u>☯ The meridian</u>	Point Window of the sky.	Dispels wind, invigorates Qi and blood in the Jingluo.	Neck stiffness and pain, torticollis, swollen face, sudden deafness, throat bi, headache due to wind, dizziness, lively dreams, blurred vision, swollen face, pain in the eye, lacrimation, goiter.	Sj-16/ Si-3 = stiff neck and torticollis	Level with the angle of the mandible and Si-17.
<u>Sj-17 Yifeng</u> Wind Screen <u>☯ The meridian</u>	Meeting point of Sanjiao and Gall bladder.	Dispels wind, cold, heat and phlegm, invigorates Qi and blood in the Jingluo, opens the sensory orifices.	Facial paralysis, lockjaw, trigeminal neuralgia, convulsions, deafness, tinnitus, all ear diseases, otitis media, parotitis, blurred vision, vertigo, aural hallucinations, scrofula, lymphangitis, toothache.	Sj-3/ Sj-17/ G-2 = deafness, tinnitus, otitis media, Sj-17/ H-5 = sudden aphasia.	
<u>Sj-21 Ermen</u> Ear Gate <u>☯ The meridian</u>		Dispels wind, cold and heat, opens the ears.	Deafness, tinnitus, all ear diseases, otitis media, ear abscess, excessive cerumen production, tempomandibular joint pain, headache, lips rigid.	Sj-21/ G-2/ Si-19 = all ear diseases.	
<u>Sj-22 Heliao</u> Harmony Crevice <u>☯ The meridian</u>	Point of exit.	Clears heat and wind, invigorates Jingluo of the face.	Headache, facial paralysis, facial tic, tinnitus, otitis externa, convulsions, neck and jaw swollen, rhinitis, nasal polypus.		
<u>Si-23 Sizhukong</u> Silken Bamboo Hole		Dispels wind, heat and fire, brightens the eyes.	All eye diseases, optic nerve atrophy, blurred vision, color blindness, supraorbital pain, temporal headaches, seizures, insanity, sudden blindness relating to hysteria, dizziness, conjunctivitis, facial paralysis,	Sj-23/ G-20/ Li-4 = unilateral headache.	<u>↑ BACK TO TOP ↑</u>

☯ The meridian			trigeminal neuralgia, photophobia.		
G-1 Tongziliao Pupil Crevice ☯ The meridian	Point of entry, Meeting point of Gall bladder, Sanjiao, Small intestine.	Eliminates wind heat and fire.	Conjunctivitis, keratitis, myopia, excessive lacrimation, photophobia, optic nerve atrophy, night or color blindness, facial paralysis, headache, trigeminal neuralgia.	G-1/ G-40 = membrane over the eye.	Insertion - transversely towards TaiYang.
G-2 Tinghui Hearing Meeting ☯ The meridian		Dispels wind, cold and heat and dampness, invigorates Qi and blood in the Jingluo.	All ear diseases, deafness, tinnitus, deaf mutism, otitis media, facial paralysis or pain, otorrhea, headache, mumps, toothache, temporomandibular joint arthritis, convulsions, seizures, sadness.	Sj-3/ Sj-17/ G-2 = deafness, tinnitus, otitis media, Sj-21/ G-2/ Si-19 = all ear diseases.	
G-4 Hanyan Jaw Serenity ☯ The meridian	Meeting point of Gallbladder, Sanjiao, Small intestine.	Regulates Qi and blood in the Jingluo.	Headache, migraine, blurred vision, tinnitus, deafness, vertigo, sneezing, children convulsions, epilepsy, rheumatism, neck pain.	G-4 long needle to G-7 = migraine.	One Cun below St-8.
G-8 Shuigou Leading Valley ☯ The meridian	Meeting point of Gall bladder and Bladder.	Regulates Qi and blood in the head	Headache, migraine, temporal or vertical headache, vomiting, eye diseases, melancholy, drunkenness, hangover.		
G-12 Wanggu Mastoid Process ☯ The meridian	Meeting point of Gall bladder and Bladder.	Dispels wind, cold and heat, calms the spirit.	Insomnia (of Liv Yang type), mania, seizures, headache, dizziness, tinnitus, neck pain and stiff, face swollen, weak legs, dark yellow urine.	G-12/ B-18/ B-19 = insomnia (of Liv Yang type).	Weak legs.
G-14 Yangbai Bright Yang ☯ The meridian	Point of Yang wei mai, Meeting point of Gall bladder, Stomach and Yang wei mai.	Dispels wind, cold and heat, brightens the eyes.	Facial paralysis, frontal headache, dizziness, twitching or ptosis of eyelids, conjunctivitis, blurred vision, night blindness, excessive lacrimation, trigeminal neuralgia, photophobia, nausea.	G-14/ Li-4/ St-41 = Splitting headache with pain surrounding the eye.	
G-20 Fengchi Wind Pool ☯ The meridian	Point of Yang wei mai, Meeting point of Gall bladder, Sanjiao and Yang wei mai.	Dispels wind, cold, heat and external conditions, subdues Liver Yang and wind and fire, invigorates Qi and blood, opens the sensory orifices.	Febrile diseases, headache, migraine, common cold and flu, hypertension, hemiplegia, windstroke, cerebral hemorrhage and congestion, glaucoma, conjunctivitis, optic nerve atrophy, excessive lacrimation, sudden blindness, night blindness, stiff neck and shoulder, deafness, tinnitus, vertigo, aural vertigo, seizures, hyperthyroidism, tetany, flushed face, insomnia, blocked nose and sinusitis, skin diseases.	Li-4/ Li-11/ Du-16/ Du-14/ G-20/ Sp-10/ B-40 = psoriasis, Li-4/ G-20/ Taiyang/ Liv-3 = headache, G-20/ Li-4/ St-40/ St-41 = headache with dizziness.	
G-21 Jianjing Shoulder Well ☯ The meridian	Meeting point of Gallbladder, Sanjiao and Yang wei mai, point of Yang wei mai.	Regulates Qi and blood in the tendons and Jingluo, redirects rebellious Qi and spreads Liver Qi, dispels wind and cold, expedites labor and lactation.	Stiffness and pain of the neck, shoulder and upper back, mastitis, agalactia, difficult labor, scrofula, vertigo, vertical headache, chest pain, dyspnea, boils, carbuncles, breast abscess, alternate hot and cold, fever, blurred vision, lacrimation, optic nerve atrophy, tinnitus, poor hearing, stiff spine, nausea, morning sickness (cautiously).	Si-1/ G-21/ Ren-17/ St-18 = mastitis or breast abscess.	
G-24 Rivaue Sun & Moon	Alarm mu point	Regulates liver, gallbladder and stomach, redirects rebellious Qi, transforms damp heat.	Biliary diseases, jaundice, cholecystitis, cholelithiasis, hepatitis, gastric and duodenal ulcer, hypochondriac, intercostal, axillary and shoulder pain and distention,		








☯ The meridian			hyperacidity, hiccups, vomiting, biliary colic, sighing, unable to speak, weak extremities, spasms.		
G-25 Jingmen Capital Gate ☯ The meridian	Alarm Mu point of the kidney.	Tonifies and regulates the kidneys and water pathways, transforms dampness, calms the fetus, expels stones.	Diabetes, nephritis, nephrolythiasis, painful urinary dysfunction, hypochondriac, abdominal or lower back pain, kidney colic, borborygmus, diarrhea, can not stand for a long period, can not bend, restless fetus, kidney stones.		
G-26 Dai mai Girdling Vessel ☯ The meridian	Point of Dai mai, Meeting point of Dai mai and Gall bladder.	Regulates the Dai mai and menstruation, transforms damp heat.	Hernia, endometriosis, cystitis, irregular menstruation, leucorrhea, lower abdominal, hip or lower back pain, diarrhea, false urge to defecate or urinate, dysmenorrhea, vaginal prolapse.	G-26/ G-43 = amenorrhea with abdominal pain and stiffness.	
G-27 Wushu Five Pivots ☯ The meridian	Point of Dai mai, Meeting point of Dai mai and Gall bladder.	Regulates the lower jiao.	Lower abdominal and lower back pain and distention, childhood convulsions, hernia, orchitis, retracted scrotum, endometriosis, irregular menstruation, uterovaginal spasms, false urge to defecate in women.	G-27/ Liv-3/ Liv-8 = orchitis.	
G-28 Weidao Linking Path ☯ The meridian	Point of Dai mai, Meeting point of Dai mai and Gall bladder.	Regulates the intestines, transforms damp heat, raises middle Qi.	Lower abdominal and lower back pain, colitis, chronic constipation, intestinal and abdominal hernia, ascites, edema, leucorrhea, irregular menstruation, nephritis, orchitis, anorexia.		↑ BACK TO TOP ↑
G-29 Juliao Inhabited Crevice ☯ The meridian	Point of Yang qiao mai, Meeting point of Yang qiao mai with the Gall bladder.	Invigorates Qi and blood in the tendons and Jingluo	Hip joint inflammation, sprain and pain, sciatica, thigh muscular spasm, lower abdominal and lower back pain, orchitis, leg paralysis, pain and numbness in upper limbs, shoulder and chest, dysmenorrhea, irregular periods.	G-29/ B-17/ B-18/ B-20 = gastric or duodenal ulcer.	
G-30 Huantiao Jumping Circle ☯ The meridian	Meeting point of Bladder and Gall bladder.	Invigorates Qi and blood in the tendons and Jingluo.	Hip joint inflammation, sprain and pain, sciatica, thigh muscular spasm, lower abdominal and lower back pain, leg paralysis, Wei and Bi syndrome affecting lower extremities, leg Qi, hemiplegia, urticaria, neurasthenia, edema.	B-23/ G-30/ G-34/ G-39/ G-41 = sciatica and motor disturbances of lower extremities, G-30/ B-67 = Chest pain associated with waist and leg pain.	
G-31 Fengshi Wind Market ☯ The meridian		Invigorates Qi and blood in the tendons and Jingluo, dispels wind, cold, heat and dampness.	Thigh and knee weakness, Bi and Wei syndrome, leg Qi, lower back pain and sciatica, unilateral itching of whole body, urticaria, herpes zoster, hemiplegia, eye red and swollen, pruritis.	G-31/ St-33 = weak legs.	
G-33 Xiyangguan Knee Yang Gate ☯ The meridian		Invigorates Qi and blood in the tendons and Jingluo, dispels wind, cold, heat and dampness.	Bi syndrome and rheumatism of the knee joint, knee pain, swelling and immobility, leg Qi.	G-33/ Liv-8/ G-34/ Sp-9 = arthritis of knee	
G-34 Yanglingquan	Earth point, He sea point, Associated point of the tendons.	Regulates and tonifies the liver and Gallbladder, especially spreading Qi, subdues Liver	Biliary diseases, jaundice, cholecystitis, cholelithiasis, hepatitis, hypochondriac, intercostal, axillary and shoulder pain and distention, biliary colic, liver cirrhosis,	Sj-5/ G-41/ Liv-14/ G-34 = ribs pain and cholecystitis, B-23/ G-30/ G-34/ G-39/ G-41 = sciatica and motor disturbances of lower extremities, G-34/ Danangxue/ P-6/ Huato of T-8/9 = cholecystitis.	








<p>Yang Mound Spring</p> <p>☯ The meridian</p>		<p>yang and wind, clears heat and damp heat, dispels wind, cold and heat, facilitates Qi and blood flow in the tendons and muscles and Jingluo.</p>	<p>bitter taste in the mouth, swelling of the mouth, tongue, face and head, erysipelas of lower body, headache, hypertension, hyperacidity, leg Qi, constipation, weak extremities, spasms, sciatica, Bi and Wei syndrome of lower extremities, hip and knee pain and inflammation, fright, insanity, madness.</p>		
<p>G-35 Yangjiao Yang Intersection</p> <p>☯ The meridian</p>	<p>Xi cleft point of Yang wei mai.</p>		<p>Sciatica, weakness of legs, cold feet, asthma, chest and hypochondriac pain and fullness, knee pain, gastrocnemius and peroneal muscle weak or paralysed or spastic.</p>		
<p>G-36 Waiguo Outer Mound</p> <p>☯ The meridian</p>	<p>Xi cleft point of Gallbladder.</p>	<p>Regulates the Gall bladder and resolves damp heat, invigorates Qi and blood .</p>	<p>Hepatitis, muscular tetany, infantile kyphosis, jaundice, chest and hypochondriac pain and fullness, abdominal pain, headache, neck pain and stiffness, seizures, beri-beri, insanity.</p>		
<p>G-37 Guangming Bright Light</p> <p>☯ The meridian</p>	<p>Luo point</p>	<p>Regulates and tonifies the Liver and Gallbladder, dispels wind and heat and transforms damp heat, opens the eyes.</p>	<p>All eye diseases, optic nerve atrophy, cataract, night or color blindness, blurred vision, conjunctivitis, sciatica, pain and numbness of the lower extremity, leg Qi, fever and chills without perspiration, migraine, mania.</p>	<p>Liv-3/ G-37 = to regulate liver and gall bladder functioning and benefit the eyes.(Yuan - Luo combination), Qiuhou/ B-1/ G-20/ Si-6/ G-37 = inflammation of the optic nerve.</p>	
<p>G-38 Yangfu Yang Assistance</p> <p>☯ The meridian</p>	<p>Fire point, Shu river point, Sedation point.</p>	<p>Regulates the gall bladder and transforms damp heat, dispels wind and heat.</p>	<p>Malaria, unilateral headache, melancholia, eye outer canthus pain and redness, bitter taste in the mouth, neck, chest and hypochondriac pain, constipation, general pain and stiffness, axillary and clavicular swelling, sciatica, knee pain, generalized arthralgia and Bi syndrome, sighs a lot, pasty skin, goiter.</p>	<p>Sj-1/ G-38/ Taiyang = unilateral headache or migraine.</p>	
<p>G-39 Xuanzhong Suspended Bell</p> <p>☯ The meridian</p>	<p>Associated point for bone marrow, Meeting point of three Yang lower meridians: Gall bladder, Bladder and Stomach.</p>	<p>Regulates the Gall bladder and transforms damp heat, dispels wind and heat, extinguishes Liver wind, redirects rebellious Qi.</p>	<p>Hemiplegia, Wei and Wandering Bi syndromes, stiff and painful neck, CVA, muscular tetany, severe arthritis, migraine, sciatica, leg Qi, abdominal or hypochondriac pain, diarrhea, hemorrhoids, anorexia, painful defecation, dysuria, chest pain with cough, tinnitus, poor hearing, hands and feet uncoordinated, throat numb and nose dry, chorea, fear, bad temper.</p>	<p>Sj-6/ G-39 = wandering bi, B-23/ G-30/ G-34/ G-39/ G-41 = sciatica and motor disturbances of lower extremities, G-39/ G-43/ G-20 = Migraine, G-39/ St-36/ Sp-6 = leg Qi.</p>	
<p>G-40 Qiuxu Ruined Hill</p> <p>☯ The meridian</p>	<p>Source yuan point.</p>	<p>Regulates the liver and gallbladder and transforms damp heat, invigorates Qi and blood and softens hard masses.</p>	<p>Ankle joint sprain, pain or Bi syndrome, tidal fever, malaria, axillary lymphadenitis and swelling, neck, chest and ribs pain, intercostal neuralgia, hemiplegia, sciatica, infantile paralysis, Wei syndrome, acid regurgitations, hiccups, cholecystitis, scrofula, goiter, conjunctivitis, otitis media with purulent ear fluid.</p>	<p>G-40/ G-32/ Sj-8 = intercostal neuralgia, St-40/ B-13/ G-40 = chest pain with phlegmatic cough, Sj-3/ Li-1/ G-40 = chronic tidal fever, G-1/ G-40 = membrane over the eye, Du-23/ G-40/ St-43 = tidal fevers, Dannangxue/ P-6/ G-40 = cholecystitis.</p>	
<p>G-41 Zulingi Foot Barrier of</p>	<p>Wood point, Shu stream point, Master point of Dai mai.</p>	<p>Regulates the liver, gallbladder and Dai mai, transforms damp heat and extinguishes liver wind, softens hard</p>	<p>Breast abscess, mastitis, breast distention in relation to menstruation, deficient lactation, irregular menstruation, costal and hypochondriac pain and</p>	<p>G-41/ G-27/ B-23/ G-23/ St-29 = dysmenorrhea with breast distention and lower abdominal pain, G-41/ G-20/ St-40 = headache and vertigo, G-41/ Sp-6/ Ren-3 = dysmenorrhea.</p>	








<p>Tears</p> <p>☯ The meridian</p>		masses, facilitates lactation.	distention, unilateral or occipital and sometimes vertical headache, vertigo, dysmenorrhea, lower back pain and sciatica, scrofula, axillary and cervical lymphadenitis, wind Bi rheumatic pain, mastoid pain, intermittent fever, excessive perspiration, lacrimation, crying.		
<p>G-43 Xiapi Clamped Stream</p> <p>☯ The meridian</p>	Water point, Tonification point, Spring rong point.	Regulates the gall bladder and subdues liver Yang, dispels wind and heat.	Deafness, tinnitus, unilateral headache, vertigo, febrile diseases, fever without perspiration, hypertension, intercostal neuralgia, chest and hypochondriac pain, dyspnea, jaw swollen, dampness between toes, four limbs swollen and puffy, wind edema, anxiety and palpitations.	G-2/ G-43/ H-7/ P-6 = tinnitus and partial deafness.	
<p>G-44 Zuqiaoyin Foot Yin Portal</p> <p>☯ The meridian</p>	Metal point, Jing well point.	Regulates the gall bladder and subdues liver Yang, dispels wind and heat, clears the sensory orifices.	Deafness, tinnitus, blurred vision, conjunctivitis, sore throat, tongue stiff, numb throat, unilateral headache, vertigo, febrile diseases, hypertension, dream disturbed sleep, insomnia or somnolence, intercostal neuralgia, dyspnea, pleurisy, conjunctivitis, weak willpower, cowardice.		
<p>Liv-1 Dadun Great Sincerety</p> <p>☯ The meridian</p>	Wood point, Jing well point, point of entry.	Regulates and tonifies the liver, spreads liver Qi, transforms damp heat.	Pain, inflammation and swelling of the genitalia, testicular mumps or contracture, cystitis, urinary incontinence, enuresis, hematuria, irregular menstruation, hernia, constipation, excessive perspiration, blood in the urine or stools, abnormal uterine bleeding, pruritis vulva, fainting, somnolence.		↑ BACK TO TOP ↑
<p>Liv-2 Xingjian Moving Between</p> <p>☯ The meridian</p>	Fire point, point of sedation, Rong spring point.	Regulates the liver and clears liver yang, fire and wind, cools and invigorates the blood, calms the spirit.	Headache, dizziness, insomnia, red and swollen eyes, hematemesis, hepatitis, jaundice, spasm and pain in the diaphragm and hypochondriac regions, tinnitus, breast abscess, knees swollen and painful, epilepsy, convulsions, seizures, insanity, neurasthenia, intercostal neuralgia, abdominal distention, colic, constipation, orchitis, abnormal uterine bleeding, genital pain, dysmenorrhea, amenorrhea, early menstruation, enuresis, menorrhagia, leucorrhea, genital pain, diarrhea.	Liv-2/ G-20/ Li-4 = glaucoma, Liv-2/ K-1 = thirst and emaciation.	
<p>Liv-3 Taichong Great Rushing</p> <p>☯ The meridian</p>	Source yuan point, Stream shu point, Earth point.	Regulates and tonifies the liver and transforms damp heat and fire, invigorates the blood and regulates the Qi, cools the blood and redirects rebellious Qi.	All biliary diseases, hepatitis, jaundice (Yang type), cholelithiasis, hyperthyroidism, hernia, menopausal and premenstrual syndrome- PMS, frigidity, dysuria, epigastric pain, constipation or diarrhea, hiccups, insomnia, nausea, vomiting, abdominal pain and distention, restless fetus, breast abscess, blood in the stools, glaucoma, eye red and painful, trigeminal neuralgia, vertigo, temporal or vertical	Liv-3/ Sp-6 = regulates liver Qi, reduces liver yang, H-7/ P-6/ yintang/ Liv-3/ Sp-6 = anxiety and depression, Li-4/ G-20/ Taiyang/ Liv-3 = headache, Liv-3/ G-37 = to regulate liver and gall bladder functioning and benefit the eyes, (Yuan - Luo combination).	

			headache, temporomandibular joint pain, insufficient lactation, mastitis.		
Liv-4 Zhongfeng Middle Seal  The meridian	Metal point, Jing river point.	Regulates and spreads liver Qi, clears heat and damp heat.	Abdominal pain and distention, malaria, jaundice, hernia, colic, cold feet, conjunctivitis, anorexia, genital pain, spermatorrhea, impotence, urethritis, vaginal pain, muscular weakness.	LIV-8/ LIV-4/ LIV-3/ BL-67/ BL-17/ BL-20/ SP-6/ BL-23/ REN-4/ BL-22 = spermatorrhea with dreams.	
Liv-5 Ligou Draining Canal  The meridian	Luo point.	Regulates and spreads liver Qi, clears heat and damp heat, tonifies liver yin.	Sexual organs diseases, infertility, impotence, premature ejaculation, spermatorrhea, scrotal pain or eczema, scrotal or vaginal itching, leucorrhea, uterovaginal prolapse, irregular menstruation, endometriosis, abnormal uterine bleeding, urinary retention or incontinence, depression, fear, palpitations, abnormal erections.	Liv-5/ Ren-3/ G-26 = leucorrhea with pruritis vulva, Liv-5/ Liv-8/ Liv-3 = orchitis, LIV-5/ LIV-9 = Irregular menstruation, Liv-5/ H-8 = plum-pit sensation in throat.	
Liv-6 Zhongdu Central Capital  The meridian	Xi cleft point.	Regulates and spreads liver Qi, transforms damp heat.	Hepatitis, jaundice, hernia, hypochondriac or lower abdominal distention and pain, diarrhea, leucorrhea, large stools, Wei syndrome and weak legs, skin cold, numb and painful, pharyngitis.		
Liv-7 Xiguan Knee Joint  The meridian		Invigorates Qi and blood.	Wind Bi syndrome, arthritic pain or miniscus of medial knee, throat Bi.		
Liv-8 Ouquan Curved Spring  The meridian	Water point, He sea point. Tonification point	Regulates the liver and tonifies liver Qi, blood and Yin, spreads liver Qi and transforms damp heat, invigorates the blood.	Uterine prolapse, vaginitis, leucorrhea, eczema and itching genitalia, bloody diarrhea, prostatitis, painful urinary dysfunction, retention of urine, spermatorrhea, testicular mumps, pain in vagina and thighs, penile pain, headache, dizziness, infertility, amenorrhea, dysmenorrhea, irregular menstruation, endometriosis, arthritic pain or meniscus of medial knee.	Liv-8/ Liv-12/ Sp-6 = hernial pain, Liv-8/ K-6/ Liv-1 = prolapsed uterus, Liv-8/ Liv-2 = urinary retention, Penile pain.	
Liv-9 Yinbao Yin Envelope  The meridian		Adjusts menstruation and regulates the lower jiao.	Irregular menstruation, disorders of menstruation,		
Liv-10 Wuli Five Miles  The meridian		Regulates Qi and blood and transforms damp heat.	Abdominal distention, urinary retention, spermatorrhea, damp and itching scrotum, helps perspiration and sleep, acute abdominal colic.	LIV-10/ SJ-8/ SJ-10/ ST-45/ L.I.-3/ = Somnolence with no desire to move the four limbs. LIV-10/ LIV-4 = Jaundice with periodic low grade fever.	Helps perspiration and sleep, acute abdominal colic - with a strong finger pressure.
Liv-11 Yinlian Yin Corner  The meridian			Infertility, sterility, irregular menstruation, pain in the inner thigh and knee.		Many classical texts recommend moxibustion at this point for the treatment of infertility.
Liv-12 Jimai Urgent Pulse  The meridian		Eliminates cold from the Liver channel and benefits the lower jiao, regulates tendons Qi in the pubic area.	Pain of the genitals, pain of the penis, swelling of the testicles, uterine prolapse, pain of the hypogastrium, pain of the inner thigh.		Care should be taken to avoid penetrating the femoral vein which passes laterally to the point.
	Alarm Mu point	Regulates and	Hepatitis, pancreatitis,	B-20/ Liv-13 = All spleen and	









<p>Liv-13 Zhangmen Completion Gate</p> <p>☯ The meridian</p>	<p>of the Spleen, Associated point of all Zang organs, Meeting point of Gallbladder and Liver.</p>	<p>tonifies the spleen, stomach and middle jiao, regulates and spreads liver Qi, regulates and invigorates Qi and blood, harmonizes liver and spleen, softens hard masses.</p>	<p>vomiting, indigestion, borborygmus, flatulence, jaundice, epigastric pain, diarrhea and constipation, ascites, abdominal pain and distention, intercostal neuralgia, body tremors, fatigued extremities, lassitude, enlarged spleen and or liver, abdominal tumors.</p>	<p>Tzang diseases (shu mu technique), Liv-13/ Sp-3/ K-6/ Sj-6 = constipation, LIV-13/ REN-12/ BL-17 = vomiting, LIV-13/ SP-4/ SJ-6/ GB-34 = pain of the lateral costal region.</p>	
<p>Liv-14 Oimen Cycle Gate</p> <p>☯ The meridian</p>	<p>Alarm Mu point of Liver, point of Exit, Meeting point of the Spleen, Liver and Yin wei mai.</p>	<p>Regulates the liver and gall bladder and spreads liver Qi, transforms damp heat.</p>	<p>Hepatitis, cholecystitis, malaria, pancreatitis, cirrhosis, hypertension, hunger without desire to eat, hyperacidity, chest and epigastric pain, hypochondriac distention and pain, belching, thirst, dry mouth, peritonitis.</p>	<p>Sj-5/ G-41/ Liv-14/ G-34 = ribs pain and cholecystitis, Liv-1/ Liv-14 = hard nodules and flank pain, LIV-14/ ST-19 = sharp pain in the heart, LIV-1/ LIV-14/ KID-10/ BL-40/ BL-39 = difficult urination with involuntary erections.</p>	
<p>Ren-1 Huiyin Yin Meeting</p> <p>☯ The meridian</p>	<p>Point of Chong mai, Meeting point of the Ren mai with Du mai and Chong mai, one of the 13 Ghost points for madness.</p>	<p>Regulates Qi and blood and the Ren mai, calms the spirit and clears the brain.</p>	<p>All diseases of the perineal area, uterovaginal or rectal prolapse, genital or perineal swelling and pain, pruritis vulva, vaginitis, cold scrotum, itching, irregular menstruation, dysmenorrhea, amenorrhea, impotence, spermatorrhea, hemorrhoids, prostatitis, dysuria, urinary retention, night perspiration, hysteria, insanity, melancholia, coma, drowning.</p>		<p>↑ BACK TO TOP ↑</p>
<p>Ren-2 Ougu Curved Bone</p> <p>☯ The meridian</p>	<p>Meeting point of Liver with Ren mai</p>	<p>Regulates and warms the bladder, raises middle Qi and astringes bleeding.</p>	<p>All urinary diseases, retention or incontinence of urine, cystitis, scrotum damp and itching, impotence, spermatorrhea, orchitis, hemia, uterus cold, endometriosis, leucorrhea, dysmenorrhea, amenorrhea, lower abdominal pain and distention, uterine prolapse, abnormal bleeding.</p>	<p>H-8/ Ren-3/ Ren-2/ Sp-10/ Sp-8 = bloody urine with cystitis.</p>	
<p>Ren-3 Zhongji Middle Pole</p> <p>☯ The meridian</p>	<p>Alarm Mu point of bladder, Meeting point of Ren mai with Spleen, Kidney and Liver.</p>	<p>Regulates the bladder and water pathways, tonifies the kidney, resolves damp heat and cools the blood.</p>	<p>All urinary diseases, retention or incontinence of urine, cystitis, enuresis, genital pain and itching, impotence, infertility, spermatorrhea, orchitis, urethritis, premature ejaculation, hernia, uterus cold, endometriosis, leucorrhea with blood, dysmenorrhea, amenorrhea, irregular menstruation, lower abdominal pain and distention, ascites, edema, prostatitis, lassitude, pelvic inflammation, bladder stones.</p>	<p>H-8/ Ren-3/ Ren-2/ Sp-10/ Sp-8 = bloody urine with cystitis, B-28/ Ren-3 = urinary diseases, B-36/ K-10/ Sp-9/ St-29/ Ren-3 = prostatitis, Liv-5/ Ren-3/ G-26 = leucorrhea with pruritis vulva, Ren-3/ K-11/ Sp-9 = spermatorrhea, impotence or premature ejaculation, Ren-3/ Sp-9/ Sp-6 = enuresis, Ren-3/ B-23/ Li-4/ Sp-6 = amenorrhea.</p>	
<p>Ren-4 Guan Yuan Gate of the Source</p> <p>☯ The meridian</p>	<p>Alarm Mu point of Small intestine, Meeting point of Ren mai with Liver, Spleen and Kidney.</p>	<p>Tonifies the kidneys, Yuan Qi and the lower jiao, tonifies Qi and blood, enriches Yin Qi and invigorates Yang Qi, regulates the Small intestine and resolves damp heat, damp cold and dampness.</p>	<p>A general tonification point, diabetes, asthma, pulmonary TB, hyper or hypotension, neurasthenia, forgetfulness, insomnia, dizziness, vertigo, emaciation, lassitude, abnormal uterine bleeding, abdominal hard masses, leucorrhea, spermatorrhea, irregular menstruation, infertility, orchitis, urinary frequency or retention, impotence, organ prolapse, diarrhea, hernial disorders, tenesmus, chronic nephritis, cystitis, windstroke with collapse, shock, tidal fever, hot flashes.</p>	<p>St-36/ Ren-4/ Ren-6 = General tonification, B-12/ Du-12/ St-36/ Ren-4 = strengthen Wei Qi for wind diseases, L-9/ B-13/ St-36/ Ren-4 = tonify lungs and immune system, K-3/ B-23/ Sp-6/ Ren-4/ St-29 = infertility, B-27/ Ren-4 = small intestine disorders and fluids absorption (shu mu technique), Ren-4/ K-1 = acute pain with urinary retention, Ren-4/ Liv-1 = unilateral testicle distention.</p>	



Ren-5 Shimen Stone Gate  The meridian	Alarm Mu point of the Sanjiao.	Tonifies the kidneys and Yuan Qi, regulates the lower jiao and menstruation, dispels cold and dampness and warms the Yang Qi	Edema, cold and pain of the lower abdomen, amenorrhea, leucorrhea, postpartum hemorrhage, urinary incontinence or retention, chronic diarrhea, hernia.		
Ren-6 Qihai Sea of Qi  The meridian	Sea of Energy.	Tonifies the kidneys, Yuan Qi and the lower jiao, tonifies Qi and blood, enriches Yin Qi and invigorates Yang Qi, stabilizes kidney Qi, Ren mai and raises middle Qi.	A general tonification point, diabetes, asthma, insomnia, dizziness, vertigo, emaciation, lassitude, distention, abnormal uterine bleeding, cancer, leucorrhea, spermatorrhea, irregular menstruation, infertility, orchitis, urinary dysfunction, impotence, organ prolapse, diarrhea, hernial disorders, tenesmus, nephritis, cystitis, shock, dysentery, anxiety and palpitations, menopausal syndrome, anemia, abdominal tumors, vomiting, constipation, weak limbs.	St-36/ Ren-4/ Ren-6 = General tonification, Sp-6/ B-23/ Ren-4/ Ren-6 = general weakness and debility, Ren-6/ Du-4/ Du-2 = urinary incontinence.	
Ren-7 Yinjiao Yin Junction  The meridian	Meeting point of the Ren mai with the Chong mai.	Tonifies the kidneys and regulates the lower jiao, clears deficiency heat and cools the blood, transforms dampness.	Abdominal pain and distention, pain around umbilicus, excessive perspiration and itching of genitalia, neurasthenia, night perspiration, knee and back pain, dysmenorrhea, abnormal uterine bleeding, amenorrhea, leucorrhea with pruritis, testicle pain, anxiety, irregular menstruation, post partum depression.	Ren-7/ Ren-9/ K-16 = hayfever and deficiency of Wei Qi.	
Ren-8 Shenque Spirit Palace Gate  The meridian		Tonifies and regulates the spleen, stomach and intestines, tonifies the kidney Yang and resolves dampness.	Acute and chronic diarrhea, abdominal pain and cold, headache, lips swelling, borborygmus, all urinary disorders, painful urinary dysfunction, urinary incontinence or retention, restless fetus, neurasthenia, edema, ascites, rectal prolapse, leucorrhea with blood, incessant lactation, windstroke and collapse syndrome with cold extremities, fainting, incessant shivering, internal cold.	Ren-8 (moxa)/ B-24/ St-36 = chronic diarrhea, Ren-8/ Ren-9/ Ren-6 = pain around naval.	Needling prohibited, only moxibustion or acu-pressure.
Ren-9 Shuifen Separate Water  The meridian	Meeting point of the Ren mai and Lung.	Regulates the spleen, stomach, small intestine and water pathways, resolves dampness.	Ascites, edema, nephritis, borborygmus, anorexia, abdominal pain, cold, and distention, diarrhea, urinary retention, dysuria, lower back pain, palpitations.	St-40/ Sp-9/ Ren-9 = ascites and swollen abdomen, B-22/ Ren-9/ Sp-9 = edema and ascites. Ren-7/ Ren-9/ K-16 = hayfever and deficiency of Wei Qi.	
Ren-10 Xiawan Lower Cavity  The meridian	Meeting point of the Ren mai and the spleen.	Regulates the spleen and stomach, transforms damp heat and dampness.	Gastritis, duodenal ulcer, dysentery, abdominal pain, abdominal masses, borborygmus, diarrhea, anorexia, vomiting, hematuria.	Undigested food in the stool: REN-10/ ST-36/ ST-21/ SP-6/ BL-25/ BL-22/ DU-5.	
Ren-11 Jianli Interior Strength  The meridian		Regulates and tonifies the spleen and stomach, transforms dampness.	Gastritis, ascites, abdominal pain and distention, edema, anorexia, borborygmus, vomiting, cardiac pain, abdominal spasms.		
	Alarm Mu point of the Stomach, Associated point of all the Fu organs, Meeting	Regulates and tonifies the spleen, stomach and middle jiao, redirects rebellious	Abdominal pain and distention, all gastric diseases, nausea and vomiting, diarrhea, constipation, borborygmus, intestinal abscess, jaundice,	P-6/ Ren-12/ St-36/ Sp-4 = nausea, vomiting, morning sickness, B-21/ Ren-12 = all gastric diseases, (shu mu technique), B-22/ Ren-7/ Ren-12/	

<p>Ren-12 Zhongwan Middle Cavity</p> <p> The meridian</p>	point of the Ren mai, SI, SJ and Stomach.	Qi and clears stomach fire and heat, raises middle Qi.	dysentery, diabetes, childhood nutritional impairment, anorexia, ulcers, epigastric pain and distention, morning sickness, acid regurgitations, hiccups, gastroparesis or other organs prolapse, dizziness or vertigo, sinusitis, restless fetus, pulmonary TB, headache, hypertension, madness, Wei syndrome, emaciation, weak limbs.	Ren-17 = regulates Triple burner activities in all burners.	↑ BACK TO TOP ↑
<p>Ren-13 Shangwan Upper Cavity</p> <p> The meridian</p>	Meeting point of the Ren mai with the Stomach and Small intestine.	Regulates the spleen and stomach and redirects rebellious Qi, clears stomach fire and dampness, calms the spirit.	Abdominal pain and distention, ulcers, morning sickness, stomach and epigastric pain, jaundice, hiccup, vomiting, cough with excessive sputum, excessive salivation, diarrhea, anorexia, bronchitis, seizures, insanity, palpitations, anxiety, chest pain.	Ren-13/ P-6/ Sp-4 = cardiac spasm, Ren-13/ P-6/ St-36/ Li-10 = acute gastritis.	
<p>Ren-14 Juque Great Palace Gate</p> <p> The meridian</p>	Alarm Mu point of the Heart.	Regulates the heart and transforms phlegm, calms the spirit, regulates the stomach and redirects rebellious Qi.	Epigastric pain, vomiting, hiccup, acid regurgitations, jaundice, spasms of the diaphragm, cold extremities, diarrhea, difficult swallowing, sour taste in mouth, dyspnea, collapse syndrome with cold hands and feet, forgetfulness, lassitude, chest painful and distended, palpitations and anxiety, hysteria, fear, insanity, depression.	P-5/ Ren-14/ Du-26/ H-7/ St-40/ Liv-3 = angina pectoris with phlegm in the heart orifices, B-15/ Ren-14 = shu mu technique for heart diseases, Ren-14/ Sj-10/ B-15 = mental instability.	
<p>Ren-15 Jiwei Turtledove Tail</p> <p> The meridian</p>	Luo point of the Ren mai.	Regulates the heart and transforms phlegm, redirects rebellious Qi, calms the spirit, dispels wind and heat.	Pericarditis, chest pain, palpitations, asthma, lassitude, mental exhaustion, vomiting, acidity, hiccups, spasms of the diaphragm, gastralgia, cough, throat numb and painful, migraine, pain of the abdominal skin (excess), itching of the abdominal skin (Xu), hysteria, mania, fear.		Anti smoking.
<p>Ren-17 Shanzhong Chest Center</p> <p> The meridian</p>	Alarm Mu point of the Pericardium, Associated point of Zong Qi and sea of Qi, Meeting point of the Ren mai with the Pericardium, Small intestine, Sanjiao, and Kidney.	Regulates the lungs and upper jiao, transforms phlegm and redirects rebellious Qi, facilitates lactation.	Asthma, cough, bronchitis, chest pain and distention, dyspnea, lung abscess, pulmonary TB, hematemesis, hemoptysis, insufficient lactation, breast abscess or mastitis, hypochondriac pain, facial pallor, palpitations, weak vocal cords, hiccups, esophageal constriction or dryness, anemia, cardiac pain.	Si-1/ St-18/ Ren-17 = insufficient lactation, Li-4/ L-7/ B-13/ L-1/ Ren-22/ Ren-17 = for asthma, B-14/ Ren-17 = shu - mu for heart and pericardium diseases, especially sedation, B-22/ Ren-7/ Ren-12/ Ren-17 = regulates Triple burner activities in all burners, P-6/ P-1/ Du-14/ Ren-17 = asthma, Si-1/ G-21/ Ren-17/ St-18 = mastitis or breast abscess, L-1/ Dingchuan/ P-6/ Ren-17 = bronchial asthma.	Anti smoking.
<p>Ren-20 Huagai Magnificent Canopy</p> <p> The meridian</p>		Regulates the lungs and expands the chest. Pulls Yin Qi upward.	Chest painful, cough, dyspnea, glossitis, throat numb and painful, constriction of the esophagus, asthma.		Anti smoking.
<p>Ren-22 Tiantu Heaven's Chimney</p> <p> The meridian</p>	Window of the sky, Point of Yin wei mai.	Regulates the lungs and transforms phlegm, softens hard masses and redirects rebellious Qi.	Acute and chronic asthma, bronchitis, lung abscess, dyspnea, wheezing, throat swollen and painful, bi, goiter, mucus in the throat, esophageal constriction, cervical adenitis, vomiting, somnolence, red, hot and congested face, hemoptysis, aphonia, hiccups, hysteria with aphonia.	Li-4/ L-7/ B-13/ L-1/ Ren-22/ Ren-17 = for asthma.	

Ren-23 Lianquan Corner Spring  The meridian	Meeting point of Ren mai and Yin wei mai.	Generates fluids and clears heat and fire, invigorates Qi and blood in the throat.	Thirst, dry mouth and throat, aphonia, aphasia, mutism, mouth and tongue ulcers, tongue paralysis and stiffness, diabetes, laryngeal spasms, hypersalivation, asthma, tonsillitis, pharyngitis, vocal cords tumors, inflammation or paralysis, laryngitis.	L-5/ K-2/ K-3/ Ren-4/Ren-6/ Ren-23 = diabetes	
Ren-24 Chengjiang Fluids Container  The meridian	Meeting point of Ren mai with the Large intestine and Stomach, one of the 13 Ghost Points for madness.	Invigorates Qi and blood in the facial muscles, dispels wind, cold, heat and dampness.	Facial paralysis or swelling, excessive salivation, excessive thirst, mouth and tongue ulcers, gingivitis, gums or tooth pain, lockjaw, voice loss, neck and occipital region stiff and painful, dental caries, insanity, fear, melancholia.	Ren-24/ St-4/ St-45 = fever, blisters on lips and mouth.	
Du-1 Chengqiang Lasting Strength  The meridian	Luo point, Meeting point of Du mai with the Gallbladder and Kidney.	Regulates the Du mai and the intestines, clears heat, damp heat and cools the blood, calms the spirit.	Hemorrhoids, painful and bloody hemorrhoids, rectal prolapse, ulcerative colitis, diarrhea, constipation, anal fissure, fecal incontinence, anal pain, itchiness and numbness, sacral pain and stiffness, scrotal eczema, spermatorrhea due to fright, pruritis vulva, extreme nervousness, seizures, convulsions, depression, fatigue and lassitude, Stiffness of the spine (shih), heaviness of the head and shaking of the head (Xu).	B-30/ Du-1/ B-57 = painful and bleeding hemorrhoids, Du-1/ Li-4/ Sp-9/ Sp-6 = induce labor, Du-1/ B-25/ B-57/ Du-20 = anal prolapse.	↑ BACK TO TOP ↑
Du-2 Yaoshu Lumbar Shu  The meridian		Regulates Qi and blood and dispels wind and cold.	Seizures, epilepsy, lower extremities Wei syndrome - atrophy and paralysis, amenorrhea, lower back or sacral pain, urinary incontinence, hemorrhoids, irregular menstruation.	Ren-6/ Du-4/ Du-2 = urinary incontinence.	Upward insertion for needle sensation traveling proximally.
Du-3 Yaoyang guan Lumbar Yang Gate  The meridian		Tonifies and stabilizes the kidneys, dispels cold and dampness, invigorates Qi and blood.	Lower extremities Wei syndrome - atrophy and paralysis, amenorrhea, lower back or sacral pain, knees pain and weakness, irregular menstruation, leucorrhea, nephritis, colitis, impotence, premature ejaculation, diarrhea.	Numbness or paralysis of legs: Du-3 (direct moxa)/ B-36/ B-40/ B-58/ B-60/ Du-14.	
Du-4 Mingmen Gate of Vitality  The meridian		Tonifies the kidneys and Yuan Qi, regulates the water pathways and resolves dampness, warms Yang and dispels cold, calms the spirit and restores collapsed Yang.	Nephritis, kidney colic and pain, bone disorders, myelitis, irregular menstruation, amenorrhea, leucorrhea, abnormal bleeding, hemorrhoids, urinary incontinence, dysuria, bloody stools, diarrhea, sexual dysfunction, infertility, frigidity, impotence, atrophy - Wei syndrome, insomnia, tinnitus, cold extremities, body extremely hot, no perspiration, lumbar pain, weak lower extremities, neurasthenia, mania, childhood convulsions, meningitis, anemia, forgetfulness, disorientation, fear, somnolence.	Du-4/ B-23 = urinary frequency in the elderly, Du-4/ Du-14/ B-17/ Li-11/ St-36 = iron deficiency anemia, Du-4/ Du-20/ Ren-4/ Sp-6/ B-33 (moxa) = enuresis, Du-4/ P-9 = splitting headache and severe heat in the body.	
Du-5 Xuanshu Suspended Axis  The meridian		Regulates and tonifies the spleen and stomach.	Abdominal pain and distention, indigestion, diarrhea, hemorrhoids, lower back pain and stiffness, urinary frequency.		Level with B-22.
Du-7 Zhongshu Central Axis		Regulates the spleen and stomach.	Cholecystitis, epigastric pain, gastralgia and indigestion, spinal pain and stiffness,		Level with B-19.

☯ The meridian			abdominal and mid-back pain, deterioration of eyesight.		
Du-8 Jinsuo Sinew Contraction ☯ The meridian		Facilitates Qi and blood flow.	Muscular and tendon spasm and contracture, muscular pain or flaccidity.	Du-8, G-34, Ren-12 = gastric spasm.	Level of Ganshu - B-18.
Du-9 Zhiyang Reaching Yang ☯ The meridian		Regulates the liver and gall bladder and spreads liver Qi, clears liver fire and transforms damp heat.	Hepatitis, jaundice, malaria, cholecystitis, bronchiectasis, asthma, cough, chest pain, hypochondriac pain, anorexia, abdominal pain and distention, borborygmus, extremity edema and weariness.	Du-9/ B-18/ B-20/ St-36/ G-34 = infectious hepatitis, Du-9/ G-34/ Sj-6 = psoriasis, Du-9/ P-6 = arrhythmia.	Level with B-17.
Du-10 Lingtai Spirit Tower ☯ The meridian		Regulates the chest and lungs, invigorates Qi and blood.	Asthma, bronchitis, cough, upper back and neck pain and stiffness, boils, insomnia caused by dyspnea, pneumonia.		Level with B-16.
Du-11 Shendao Spirit Pathway ☯ The meridian		Regulates the heart and chest, calms the spirit.	Asthma, cough, chest and hypochondriac pain, anxiety and palpitations, neurasthenia, forgetfulness, insomnia, aphasia due to wind stroke, cardiac diseases, headache, upper back pain and stiffness, nervousness and insanity in children.		Level with B-15.
Du-12 Shenzhu Body Pillar ☯ The meridian		Regulates the lungs and chest, dispels wind and heat.	Febrile convulsions, asthma, bronchitis, bronchiectasis, pertussis, cough, lower back pain, neck and upper back pain, headache with fever, boils, insanity, hysteria, epistaxis, extreme nervousness in children, epilepsy, suicidal, rheumatic - Bi - diseases.	B-12/ Du-12/ St-36/ Ren-4 = strengthen wei Qi for wind diseases.	Level with B-13.
Du-13 Taodao Moulded Way ☯ The meridian	Meeting point of Du mai and Bladder	Regulates and tonifies the lungs and Wei Qi, clears fire, heat and wind, calms the spirit, invigorates Qi and blood.	Febrile and malarial diseases, rigidity and pain of the spine, neck and upper back, steaming bone syndrome, intermittent fever, fever with aversion to cold, headache, insomnia, cough, chest pain, mania, depression, vertigo.	P-5/ Du-14/ Du-13/ G-41/ Si-3 = malaria.	
Du-14 Dazhui Big Vertebra ☯ The meridian	Meeting point of all Yang meridians on the Du mai, Sea of Qi.	Dispels wind, heat, fire and all external pathogens, tonifies Wei Qi and regulates and facilitates Qi flow, invigorates Qi and blood and restores collapsed Yin Qi, calms the spirit and clears the brain.	Febrile and malarial diseases, rigidity and pain of the spine, neck and upper back, steaming bone syndrome, intermittent fever, Wei syndrome due to lung fire, coma, pulmonary TB, emphysema, urticaria, eczema, wind Bi rheumatism, heatstroke, hemiplegia, hypertension, common cold, influenza, paralysis, pain, numbness or stiffness in the four extremities and or the spine, headache, melancholy, speaking or breathing difficulty.	Si-3/ B-10/ Du-14 = torticollis, Li-4/ Li-11/ Du-16/ Du-14/ G-20/ Sp-10/ B-40 = psoriasis, P-5/ Du-14/ Du-13/ G-41/ Si-3 = malaria, P-6/ P-1/ Du-14/ Ren-17 = asthma, Du-14/ Du-2 = tidal fever.	↑ BACK TO TOP ↑
Du-15 Yamen Gate of Muteness ☯ The meridian	Point of Yang wei mai, Meeting point of Yang wei mai, Du mai and Bladder.	Invigorates Qi flow in the brain and tongue.	Aphasia or inability to swallow following wind stroke - CVA, headache, stiff neck and spine, seizures, mania, hysteria, tongue rigidity, numbness or paralysis, deaf mutism, tinnitus, cerebral congestion, epistaxis.	Du-15/ Sj-1 = flaccid tongue and inability to speak.	
	Sea of bone marrow, point	Dispels all forms of wind, clears the	Headache, dizziness, all external afflictions such as: the	Li-4/ Li-11/ Du-16/ Du-14/ G-20/ Sp-10/ B-40 = psoriasis.	

Du-16 Fengfu Wind Palace  The meridian	Window of the sky, point of Yang wei mai, meeting point of the Du mai with Yang wei mai and Bladder, one of the 13 Ghost Points for madness.	brain and opens the sensory orifices.	flu, influenza, wind rash or urticaria, rhinitis, sinusitis, nose blocked, vertigo, hemiplegia, cerebral hemorrhage, seizures, fear, anxiety, suicidal behavior, blurred vision, epistaxis, neck rigidity, painful throat, ceaseless vomiting.		
Du-17 Naohu Brain's Door  The meridian	Meeting point of Du mai with Bladder.	Regulates Qi and blood in the brain, dispels wind and heat, governs the relations with the exterior world.	Vertigo, weakness and lassitude of the lower extremities, head feels heavy, flushed face, occipital headache, blurred vision, tinnitus, neck stiff, myopia, collapse syndrome, seizures.		
Du-20 Baihui Hundred Meetings  The meridian	Sea of marrow point, Meeting point of all Yang, Meeting point of the Du mai with Bladder and Liver.	Regulates and invigorates Qi and blood in the brain, spreads liver Qi and subdues liver Yang, fire and wind, restores collapsed Yang Qi, stabilizes the lower orifices, astringes leaking and calms the fetus, calms the spirit.	Headache, vertigo, hemiplegia, cerebral congestion or hemorrhage, windstroke, seizures, insanity, insomnia, fainting, coma, extreme nervousness, shock, meningitis, amnesia, forgetfulness, uncontrolled weeping, deafness, tinnitus, uterovaginal or rectal prolapse, bleeding or protruding hemorrhoids, abnormal uterine bleeding, chronic diarrhea, restless fetus, infertility, impotence, urinary incontinence or retention, hair loss or premature graying, anosmia, neurasthenia.	Ren-15/ Du-20/ Du-1/ B-57 = prolapsed anus.	
Du-21 Qianting Crown's Front  The meridian		Regulates Qi and blood in the head, calms the spirit, brings Yang Qi to the head.	Headache, vertigo, convulsions, epilepsy, rhinitis, nasal polypus, face red and swollen, extreme nervousness in children.		
Du-22 Xinhui Fontanelle Meeting  The meridian		Calms the spirit, clears heat, brings Yin Qi to the head.	Vertigo, nervousness, eyes stare upward, insanity, facial pallor or redness, uncoordinated, nervousness, nasal blockage, anosmia, epistaxis.		
Du-23 Shangxing Upper Star  The meridian	One of the 13 Ghost Points for madness.	Clears the nose and eyes, clears heat.	Nasal blockage, sinusitis, rhinitis, polypus, epistaxis, frontal headache, allergic rhinitis and hayfever, eyes pain, redness, tearing or swelling, myopia, tidal fever, facial edema, fever without perspiration.	Li-20/ Yintang/ Du-23 = sinusitis, purulent rhinorrhea, Du-23/ G-40/ St-43 = tidal fever	
Du-24 Shenting Spirit Courtyard  The meridian	Meeting point of Du Mai with Stomach and Bladder.	Calms the spirit, clears wind and heat.	Violent frontal headache, neurasthenia, madness, eyes stare upward, uncoordinated, mad behavior, conjunctivitis, lacrimation, rhinitis, dyspnea with thirst, vomiting.		
Du-25 Suliao White Crevice  The meridian		Regulates Qi and blood of the nose, raises Yang Qi.	Nasal blockage, polypus, and sores, epistaxis, violet and bulbous nose from alcohol, hypotension or bradycardia.	H-5/ Du-25 = bradycardia, Du-25/ P-6/ K-1 = for electric shock.	
Du-26 Renzhong	Meeting point of Du mai with Large intestine and Stomach, one of the 13 Ghost Points for	Clears the brain and calms the spirit, regulates the Du mai and dispels internal and external wind and	Coma, shock, fainting, wind stroke, collapse syndrome, seizures, hysteria, lockjaw, facial paralysis, depression with uncontrolled weeping, facial swelling, excessive thirst,	P-5/ Ren-14/ Du-26/ H-7/ St-40/ Liv-3 = angina pectoris with phlegm in the heart orifices, Du-26/ L-11/ Sp-1/ P-7/ B-62 (fire needle)/ Du-16/ St-6/ Ren-24/ P-8/ Du-23/ Ren-1/ Li-11 (fire	

Center of Man  The meridian	madness.	wind phlegm, restores collapsed Yang Qi, invigorates Qi and blood.	eye twitches, muscular tetany, spinal pain and muscle spasms, acute lower back pain and stiffness, nasal blockage, rhinitis, epistaxis, lips tremor, fright, summer heat diseases, chest pain, palpitations, stiffling sensation around heart.	needle) = in this order for madness (13 ghost points), Du-26/ P-6/ K-1/ St-36 = septic shock, Du-26/ Ren-1/ P-9 = revive from drowning.	
Du-28 Yinjiao Gum Intersection  The meridian	Meeting point of Du mai with Ren mai.	Regulates Qi and blood in the face, eyes, nose and mouth.	Facial sores in children, gingivitis, excessive weeping, hayfever, nasal blockage and polypus, cardiac pain or oppression.		
M-HN-3 YINTANG Seal Hole	Extra point	Calms the spirit, dispels wind and heat, regulates Qi and blood.	Headache, vertigo, insomnia, neurasthenia, fear and anxiety, nervousness, convulsions, hypertension, fainting, eyes red and sore, vomiting, nasal obstruction, rhinitis, epistaxis and other nasal disorders.	Li-20/ Yintang/ Du-23 = sinusitis, purulent rhinorrhea, H-7/ Sp-6/ Yintang = insomnia, H-7/ P-6/ yintang/ Liv-3/ Sp-6 = anxiety and depression.	↑ BACK TO TOP ↑
M-Hn-9 Taiyang Supreme Yang (Sun)	Extra point.	Dispels wind and heat and clears liver wind, brightens the eyes	Headache, dizziness, hypertension, migraine, facial paralysis, febrile convulsions, trigeminal neuralgia, erysipelas, conjunctivitis, optic nerve atrophy, retinal and eye fundus hemorrhage.	Li-4/ G-20/ Taiyang/ Liv-3 = headache, Sj-1/ G-38/ Taiyang = unilateral headache or migraine, TaiYang/ ear apex (letblood) = acute conjunctivitis, TaiYang/ B-2 (letblood) = inflammation of eyelids.	
M-hn-14 Bitong Nose Passage	Extra point.	Opens the nasal passages.	All nasal and sinus disorders, allergic rhinitis, sinusitis, nasal polypus.		
M-hn-13 Yiming Shielding Brightness	Extra point.	Calms the spirit, opens the eyes and ears.	Myopia, night blindness, optic nerve atrophy, tinnitus, poor hearing, cataract, insomnia, mumps, vertigo, headache.		Located 1 Cun posterior to T-17.
N-BW-21 Anmian Peaceful Sleep	Extra point.	Calms the spirit.	Insomnia, dream disturbed sleep, insomnia related to hypertension or restlessness, hysteria, mania, nervousness, deafness, convulsions, withdrawal symptoms due to drug addiction.	Anmian/ Li-11/ St-40 = vertigo.	Located midway between G-20 and T-17.
M-CA-18 Zigong Womb	Extra point.	Regulates menstruation and clears heat and damp heat.	Infertility (especially in women), irregular menstruation, dysmenorrhea, menorrhagia, cystitis, pelvic inflammatory diseases, uterine prolapse.	Zigong/ Ren-3/ Sp-9 = leucorrhea.	1 Cun lateral to St-29.
M-bw-1 Dingchuan Stop Wheezing	Extra point.	Regulates lung Qi.	Asthma, wheezing, bronchitis, cough, dyspnea, neck stiffness, urticaria.		Located as the Hua tuo points on both sides of Du-14.
M-bw-24 Yaoyan Lumbar Aperture	Extra point.	Regulates Qi and blood and menstruation.	Lower back pain, stiffness, or arthritis, lower back sprain, irregular menstruation, dysmenorrhea.		Located in the depression lateral to the area between B-24 to B-26.
M-bw-35 Hua tuo Jiaji. Hua Tuo Spinal Points	Extra points (a group of points).	Regulates Qi and blood.	All internal organs disorders, spine stiffness and pain, adjacent tissues pain, numbness and stiffness - including extremities.	M-BW-35 (of B-21/B-22/B-23)/ B-46/ B-47/ B-53 = Urinary calculi and stones.	Located 1 Cun lateral to the inferior end of each spinous process along the spine.
M-ue-9 Sifeng Four Seams	Extra points (a group of points).	Regulates Qi and blood in the digestive system.	Childhood nutritional impairment, intestinal parasites, pertussis.	Sp-15/ sifeng/ St-36 = parasitic worms in the intestines, Sifeng/ P-6/ Li-4 = pertussis.	Located in the midpoint of the four proximal interphalangeal creases, except of the thumb's.
M-ue-22 Baxie Eight Evils	Extra points (a group of points).	Dispels wind and heat and regulates Qi and blood.	Various fingers' disorders, arthritis, finger Bi rheumatism, pain and numbness, snake bite, headache, fingers paralysis due to CVA, toothache, torticollis, sore throat.	Baxie/ Sj-5 = fingers numbness.	Located on the dorsum of the hand at the proximal end of each web between the fingers.
M-ue-1 Shixuan	Extra points (a group of points).	Clears heat and summerheat,	Febrile diseases, febrile convulsions, childhood		Located on the middle tip of each finger.

Ten Drainings		restores consciousness.	convulsions, coma, stroke, heatstroke, shock.		
M-ue-48 Jian Neiling Shoulder's Inner Tomb	Extra point.	Invigorates Qi and blood in the shoulder.	Frozen shoulder and all shoulder disorders, pain, Wei and Bi syndrome, inflammation and motor impairment of the shoulder joint, especially its medial aspect.	Li-15/ Jian neiling/ Sj-14 = all shoulder afflictions.	Located half way between Li-15 and the end of the anterior axillary crease.
M-le-8 Bafeng Eight Winds	Extra points (a group of points).	Dispels wind, heat and damp heat.	Fever and chills, snakebite, peripheral neuritis, headache, stomachache, toothache, lower leg pain and swelling, gangrene of leg and foot, toes Bi pain, numbness and eczema.		Located on the foot dorsum, between the toes, proximal to the margin of each web.
M-le-13 Lanweixue Appendix	Extra point.	Regulates the intestines and transforms damp heat.	Acute and chronic appendicitis, acute lower abdominal pain and colic, epigastric pain, gastritis.	Lanweixue/ St-36/ Ahshi in lower Rt abdomen = appendicitis.	Located 2 Cun distal to St-36.
M-le-23 Dannangxue Gallbladder	Extra point.	Regulates the Gall bladder and transforms damp heat, expels gall stones.	Acute and chronic cholecystitis, biliary colic and hypochondriac pain, cholelithiasis, ascariasis.	Dannangxue/ P-6/ G-40 = cholecystitis.	Located 1 Cun distal to G-34.
M-le-16 Xiyan Knee Eye	Extra point.	Regulates Qi and blood in the knee, dispels wind, cold and heat.	All knee disorders, pain, Wei and Bi syndrome, inflammation and motor impairment of the knee joint, meniscus.		Located at the middle of the medial eye of each knee.
M-hn-1 Sishencong Four Alert Spirit	Extra points (a group of points).	Regulates Qi and blood in the head, calms the spirit.	Headache, dizziness and vertigo, epilepsy.		4 points. Located 1 Cun proximally and distally and laterally to Du-20.
M-hn-6 Yuyao Fish Waist	Extra point.	Invigorates Qi and blood, dispels wind and heat.	Myopia, acute conjunctivitis, opthalmoplegia, facial paralysis, supraorbital pain.	Li-4/ Yuyao = myopia, Sj-9/ B-2/ P-6/ yuyao = supraorbital neuralgia, Yuyao/ G-1/ B-2/ B-1 = cataract.	Located on the eye brow exactly at its midpoint directly above the pupil.
M-hn-8 Qiuhou Behind the Eyeball	Extra point.	Invigorates Qi and blood in the eye.	Myopia, inflammation or atrophy of the optic nerve, glaucoma, retinitis pigmentosa, opacity of the vitreous body, internal eye hemorrhage.	Qiuhou/ B-1/ G-20/ Si-6/ G-37 = inflammation of the optic nerve.	Located at the inferior border of the orbit, at the depression distal to the lateral eye corner.

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